



# DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTREAL / MONTRÉAL / VILLE-MARIE



2-1-1



[WWW.211.QC.CA](http://WWW.211.QC.CA)

Summary  
**Summary**

<b>Child, Youth and Family</b>	1
Child welfare	2
Daycare and respite	4
Family Support	5
Information on childcare services	12
Juvenile Delinquency	12
Maternity support and adoption	14
Parenting Education	18
Recreational Activities	20
Youth Centres and Support	26
Youth Employment	32
Youth Shelters and Support	35
<b>Community Action</b>	40
Advisory and citizen action organizations	41
Charity Organizations	51
Community centres	53
Community development	56
Information and referral	63
Volunteering and volunteer centres	69
<b>Disability</b>	74
Adapted work and employability support	75
Advocacy for people with a physical disability	78
Advocacy for people with an intellectual disability	80
Deaf and hearing impaired	81
Mobility aids	83
Paratransit	85
Recreation and camps	85
Respite services and housing	91
Support Associations	91
Support and integration organizations	106
The Blind	106
Therapy and rehabilitation centres	108
<b>Education and Literacy</b>	110
Academic and vocational guidance	111
Associations and Federations	113
Computer workshops	114
Difficulties and learning disabilities	117
Homework assistance and tutoring	118
Language courses	121
Literacy	125
Public education	127
School perseverance	131
School service centers	135
<b>Employment and Income Support</b>	136
Advocacy for workers and unemployed	137
Budget management and consumption	142
Business development	151
Employment support and training	156
Employment support for immigrants	162
Employment support for women	166
Employment support for youth	167

	Tax clinics	170
	Vocational rehabilitation and disability-related employment	170
<b>Food</b>		179
	Christmas basket	180
	Collective kitchens and cooking workshops	183
	Community gardens and markets	186
	Food Assistance	188
	Food aid for pregnant women and children	196
	Food assistance coordination	197
	Low cost or free meals	203
	Prepared meals and Meals-on-wheels	214
<b>Government services</b>		217
	Deputies	218
	Federal services	218
	Income statements	222
	Municipal services	224
	Official documents	231
	Provincial services	239
<b>Health</b>		252
	Dental care	253
	Eye care	254
	Family planning	256
	Palliative care	261
	Patient support associations	261
	Public Health	273
<b>Homelessness</b>		283
	Advocacy	284
	Day and evening centres	285
	Health care	298
	Mobile units and street work	301
	Shelters	307
	Supportive housing	311
	Transitional housing	319
	Youth shelters	326
<b>Housing</b>		328
	Advocacy for housing	329
	Emergency	333
	Housing cooperatives and corporations	336
	Housing search assistance	342
	Social housing and housing cooperatives	346
<b>Immigration and cultural communities</b>		351
	French courses	352
	Immigration and sponsorship	354
	Interpretation and translation	358
	Multicultural organizations	359
	Prevention and fight against racism	363
	Recognition of prior learning and diplomas	364
	Settlement services for newcomers	366
<b>Indigenous Peoples</b>		377
	Community Support	378
	Employment	380
	Government services	384

Housing	388
<b>Justice and Advocacy</b>	390
Advocacy groups	391
Consumer protection and complaints	408
Correctional services	419
Courthouses and tribunals	421
Legal assistance and information	425
Professional orders and associations	443
Support for offenders	456
<b>Mental Health and addictions</b>	464
Addiction prevention	465
Addiction treatment	469
Community support in mental health	476
Crisis centres and suicide prevention	483
Helplines	484
Mental health advocacy groups	490
Mental health housing	493
Psychiatric services	496
Self-help groups for addiction issues	496
Self-help groups for mental health issues	498
<b>Seniors</b>	499
Caregivers	500
Community and Recreation Centres	502
Day centres and respite	505
Friendly visits and safety calls	506
Home support	509
Housing for seniors	511
Intergenerational activities	516
Intervention with seniors subjected to abuse	517
Meals on Wheels	518
Seniors' Advocacy and Assistance Associations	519
Volunteer Transportation	523
<b>Sex and gender</b>	524
LGBTQ associations	525
Men's associations	530
Women's centres	531
Women's associations	533
<b>Sports, Recreation and Culture</b>	536
Arts and culture	537
Clubs and social events	543
Community recreation centres	549
Day camps and specialized camps	557
Hobbies	559
Libraries	570
Sport	573
Sports and recreation for people with a disability	577
<b>Thrift store and material aid</b>	580
Clothing	581
Donation pick-ups	584
School supplies	585
Thrift Stores	585
<b>Transportation</b>	588

Accompanied transport	589
Accompanied transport for medical reasons	590
Paratransit	590
Public Transportation	590
<b>Violence and abuse</b>	593
Child abuse	594
Domestic violence: shelters and support	595
Elder abuse	598
Help lines related to violence and abuse	599
Prevention of violence and crime	599
Sexual assault and incest	605
Support for perpetrators of violence and their families	609
Support for victims and their families	611
Therapy and counselling	616

**Child, Youth and Family**

**CHILD WELFARE**

**DAYCARE AND RESPITE**

**FAMILY SUPPORT**

**INFORMATION ON CHILDCARE SERVICES**

**JUVENILE DELINQUENCY**

**MATERNITY SUPPORT AND ADOPTION**

**PARENTING EDUCATION**

**RECREATIONAL ACTIVITIES**

**YOUTH CENTRES AND SUPPORT**

**YOUTH EMPLOYMENT**

**YOUTH SHELTERS AND SUPPORT**

## Child welfare

### CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

**514 593-3979**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maison-neuve-est](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maison-neuve-est)

**Services:** Youth protection. \* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. \* Phone consultation service without reporting. \* Psychosocial adaptation and rehabilitation. \* Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). \* Housing: foster families, group homes, rehabilitation centers and intermediate resources. \* Adoption services, biological parents search. \* Expertise service to the Superior Court. \* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax: 514 861-9008**

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

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

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

**Legal status:** non-profit organization

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

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

**Email:** [information@cdpcdj.qc.ca](mailto:information@cdpcdj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

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

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

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

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

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

### EN MARGE 12-17

Confidential Address

**514 849-7117 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [hebergement@enmarge1217.ca](mailto:hebergement@enmarge1217.ca)

**Services:** Reception and housing for youth in difficulties. \* Listening and reassurance. \* Street outreach work including prevention, education, referral and advocacy. \* Emergency shelter and short term accommodation. \* Post-shelter accompaniment activities. \* Social housing for youth who have already benefited from another service: transitional housing with support to promote social reintegration and autonomy. \* Parents en marge de la rue: support for parents. \* Phone consultation and training for professionals.

**Eligibility:** youth in difficulty 12 to 17 years old, their families, professionals, social housing: youth 16 to 22 years old who have already benefited from another service

**Capacity:** social housing: 5 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days, 365 days a year

**Fees:** social housing: \$350 per month

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

**Legal status:** non-profit organization

### LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax:** 514 864-7329

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

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

**Services:** Legal aid office in administrative, civil and family law.

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

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

### **MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7

**514 398-2686**

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

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

**Services:** Domestic violence school based clinic. \* Individual, couple, family and group therapy by supervised McGill University students. \* Research in domestic violence.

**Eligibility:** people experiencing or perpetrating domestic violence, their partner, their family

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial

**Legal status:** parapublic organization

### **SERVICE ADMINISTRATIF DE RAJUSTEMENT DES PENSIONS ALIMENTAIRES POUR ENFANTS**

Confidential Address

**1 855 537-2772 Fax:** 514 864-8979

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

**Email:** [sarpaquebec@csj.qc.ca](mailto:sarpaquebec@csj.qc.ca)

**Services:** Allows parents to change their child support payment amount without going to court. \* Created and managed by the Commission des services juridiques.

**Eligibility:** parents living in Quebec who pay or receive child support for a child under 18 years and whose child support payment amount has been determined in a judgement

**Coverage area:** Province of Québec

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

**Fees:** parents eligible for legal aid: free or reduced fees, other parents: \$54 for a request

**Financing:** provincial

**Legal status:** provincial government agency

## **Daycare and respite**

### **CENTRE RÉCRÉATIF POUPART**

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** [crpoupart.qc.ca](http://crpoupart.qc.ca)

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

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** cspeuqam.com

**Email:** info@cspeuqam.ca

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \*

Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**RELANCE JEUNES ET FAMILLES (LA)**

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

**Website:** www.relance.org

**Email:** info@relance.org

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

**Family Support****ACADEMOS CYBERMENTORAT**

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

**514 332-3006 Fax:** 514 370-8967

**Website:** academos.qc.ca

**Email:** info@academos.qc.ca

**Services:** Assistance for teens and young adults allowing them to explore trades and find a professional career. \* Virtual mentoring by professionals or students with similar fields of interests. \* Virtual discussion group. \* School dropout prevention. \* Online articles and videos offering advice and inspiration to help with career choice. \* Directory of organizations and schools in order to familiarize with the job market. \* Volunteering possibility through mentoring.

**Eligibility:** people 14 to 30 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**AIDE AUX TRANS DU QUÉBEC**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** [aideauxtrans.com/fr](http://aideauxtrans.com/fr)

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

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**ASSOCIATION DES FAMILLES DU CENTRE-SUD**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ASSOCIATION DES PÉDIATRES DU QUÉBEC**

150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 350-5127 Fax: 514 350-5177**

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

**Email:** [pediatrie@fmsq.org](mailto:pediatrie@fmsq.org)

**Services:** \* Promotion of pediatric medicine in Québec. \* Representation and defence of the association's members. \* Online directory: APQ

**Eligibility:** general public

**Coverage area:** Province of Québec

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

**Financing:** membership fees

**Legal status:** non-profit organization

**BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY**

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

**514 872-7888**

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

**Email:** [bibliofrontenac@montreal.ca](mailto:bibliofrontenac@montreal.ca)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 872-1633**

**Website:** [montreal.ca/en/places/bibliotheque-pere-ambroise](http://montreal.ca/en/places/bibliotheque-pere-ambroise)

**Email:** [bibliopereambroise@montreal.ca](mailto:bibliopereambroise@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**CENTRE DE PÉDIATRIE SOCIALE DU CENTRE-SUD**

2135 Alexandre-DeSève Street, Suite KR-1203, Ville-Marie, Montréal, QC, H2L 2W5

**514 507-9907** Fax: 514 400-0054

**Website:** [pediatriesociale-cs.org](http://pediatriesociale-cs.org)

**Email:** [info@pediatriesociale-cs.org](mailto:info@pediatriesociale-cs.org)

**Services:** Reception, clinical assessment and assistance for vulnerable children and families. \* Social and recreational activities.

**Eligibility:** children and families

**Coverage area:** Centre-Sud

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

**Fees:** none

**Financing:** foundations, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561** Fax: 514 524-5663

**Website:** www.centrestpierre.org

**Email:** info@centrestpierre.org

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** cspeuqam.com

**Email:** info@cspeuqam.ca

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \* Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Suite 12.12, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 532-2822**

**Website:** cavac.qc.ca/en/

**Email:** communication@cavacmontreal.qc.ca

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8

**1 866 532-2822**

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

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**EN MARGE 12-17 - VOLET PARENT**

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [parents@enmarge1217.ca](mailto:parents@enmarge1217.ca)

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

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

**Legal status:** non-profit organization

**FONDATION JEAN MARC PAQUETTE - SAFIR**

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** [www.fjmp.org/fr/safir](http://www.fjmp.org/fr/safir)

**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**GO JEUNESSE**

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

**MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MINISTÈRE DE LA JUSTICE**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140** Fax: 514 873-7174

**Website:** [www.justice.gouv.qc.ca/en](http://www.justice.gouv.qc.ca/en)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Assumes governmental responsibilities related to justice. \* Co-parenting seminars: [www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances](http://www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances) \* Advice to the government and its ministries on the legality of their actions. \* Recommendation of policies and support to judicial activity. \* Managing of all the courts of law and specialized tribunals in the province.

**Coverage area:** Province of Québec

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

**Fees:** co-parenting seminars: free

**Financing:** provincial

**Legal status:** provincial government agency

## OXY-JEUNES

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 728-5297**

**Website:** [www.oxy-jeunes.com](http://www.oxy-jeunes.com)

**Email:** [info@oxy-jeunes.com](mailto:info@oxy-jeunes.com)

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. \* Artistic practice workshops and mentoring by professional artists. \* Shows, concerts and exhibitions. \* Cultural outings, activities and meetings. \* Free practice time with access to musical instruments. \* Multimedia and recording studio.

**Eligibility:** youth 12 to 22 years old

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: Monday to Friday 16h00 to 19h00 or 20h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

## RELANCE JEUNES ET FAMILLES (LA)

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

## TEL-JEUNES PARENTS

Confidential Address

**1 800 361-5085**

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

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

**Services:** Support for parents. \* Listening and intervention by phone, chat and email. \* Informative content available online.



**Eligibility:** parents of children from 12 to 17 years old  
**Coverage area:** Province of Québec  
**Hours:** 7 days, phone: 6h00 to 00h00, chat: 6h00 to 22h30  
**Fees:** none  
**Financing:** fundraising campaigns, grants, donations  
**Legal status:** non-profit organization

## Information on childcare services

### FONDATION JEAN MARC PAQUETTE - SAFIR

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6  
**514 461-2088**

**Website:** [www.fjamp.org/fr/safir](http://www.fjamp.org/fr/safir)  
**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### MINISTÈRE DE LA FAMILLE - CHILDCARE SERVICES

600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7  
**1 855 336-8568**

**Website:** [www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx](http://www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx)  
**Email:** [renseignements@mfa.gouv.qc.ca](mailto:renseignements@mfa.gouv.qc.ca)

**Services:** Information on childcare services: early childhood centres, daycare centres, family home childcare.

\* Directories and childcare establishment locator: [www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx](http://www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx) \* Information on the reduced-contribution spaces program. \* Information on inspections in childcare services. \* Complaints reception.

**Eligibility:** parents, educators, family home childcare providers, early childhood and daycare centres, coordinating offices of family childcare homes

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## Juvenile Delinquency

### FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS

204 du Saint-sacrement Street, Suite 300, Ville-Marie, Montréal, QC, H2Y 1W8  
**514 648-5858**

**Website:** [www.fqjc.org/fr](http://www.fqjc.org/fr)  
**Email:** [infos@fqjc.org](mailto:infos@fqjc.org)

**Services:** \* Support for social reintegration. \* Scholarships. \* Internships in companies. \* Support for group life. \* Intervention towards young drug users.

**Eligibility:** young offenders

**Coverage area:** Province of Québec

**Hours:** 9h00 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL**

1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3

**514 280-0120 Fax:** 514 280-0620

**Website:** [spvm.qc.ca/en/pdq20](http://spvm.qc.ca/en/pdq20)

**Email:** [pdq20@spvm.qc.ca](mailto:pdq20@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

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

**Coverage area:** Ville-Marie West, Parc du Mont-Royal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL**

1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 280-0121 Fax:** 514 280-0621

**Website:** [spvm.qc.ca/en/pdq21](http://spvm.qc.ca/en/pdq21)

**Email:** [pdq21@spvm.qc.ca](mailto:pdq21@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:** Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD**

1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5

**514 280-0122 Fax:** 514 280-0622

**Website:** [spvm.qc.ca/en/pdq22](http://spvm.qc.ca/en/pdq22)

**Email:** [pdq22@spvm.qc.ca](mailto:pdq22@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:** Centre-Sud

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL**

888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8

**514 280-9111**

**Website:** [spvm.qc.ca/en/PDQ50](http://spvm.qc.ca/en/PDQ50)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Maintenance of the network's fluidity. \* Sociocommunity sector, specialized units and awareness-raising.

**Eligibility:** users, partners and businesses of the Métro de Montréal network

**Coverage area:** Montréal Island

**Financing:** municipal, provincial

**Legal status:** municipal agency

## Maternity support and adoption

### ALIMA, PERINATAL SOCIAL NUTRITION CENTRE

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375 Fax:** 514 937-7453

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

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

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

### ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 849-4969**

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

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

**Services:** Professional association. \* Promotion of members' interests. \* Continuing education. \* Gynecologists directory: <https://www.gynecoquebec.com/en/find-a-specialist/>

**Eligibility:** member gynecologists and obstetricians

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

### CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

**514 593-3979**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est)

**Services:** Youth protection. \* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. \* Phone consultation service without reporting. \* Psychosocial adaptation and rehabilitation. \* Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). \* Housing: foster families, group homes, rehabilitation centers and intermediate resources. \* Adoption services, biological parents search. \* Expertise service to the Superior Court. \* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DE LA VISITATION

1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3

**514 527-2361**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Nurse consultation. \* Contraception. \* Prenatal classes. \* Screening. \* Recovery of used needles and syringes. \* SIDEPE - Integrated STI screening and prevention service. \* Blood sugar testing. \* General vaccination. \* Flu vaccination.

**Eligibility:** SIDEPE+: men who have sexual relations with men

**Coverage area:** Ville-Marie, SIDEPE +: Province of Québec

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC MÉTRO

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 731-87531**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Prenatal classes. \* Screening. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* SIDEPE - Integrated screening and prevention service for STIs. \* Flu vaccination.

**Coverage area:** Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC PARTHENAIS

2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5

**514 527-2361**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1628](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1628)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection equipment to drug users (free service). \* Family health care. \* Recovery of used needles and syringes. \* General Vaccination. \* Flu vaccination.

**Coverage area:** Ville-Marie

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

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC SAINTE-CATHERINE

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

**514 527-2361**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=508](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=508)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Abortion. \* Bandage change and follow-up. \* Minor surgery. \* Nurse consultation \* Same or next day medical consultations (for registered patients). \* Contraception. \* Emergency oral contraception. \* Prenatal classes \* Screening. \* Distribution of new injection equipment to drug users (free service). \* Family health care. \* Recovery of used needles and syringes. \* General vaccination. \* Flu vaccination.

**Coverage area:** Ville-Marie

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

**Financing:** provincial

**Legal status:** parapublic organization

## COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

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

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

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

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

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

## CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

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

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

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

**ÉCO-QUARTIER VILLE-MARIE DE PETER-MCGILL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

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

**Email:** [direction@saesem.org](mailto:direction@saesem.org)

**Services:** To contribute to the improvement of the quality of the living environment for the Peter-McGill community, through awareness and mobilization actions with individuals, organizations and institutions. \* Action and promotion about 3R: reduction at source, reusing, recycling and recovery. \* Cleaning and embellishment. \* Beautification and urban agriculture. \* Promotion of environmental citizen action. \* Information about waste collections. \* Workshops and awareness tools. \* Community composting. \* Grant for the purchase of reusable diapers.

**Eligibility:** neighbourhood residents

**Coverage area:** Peter-McGill district

**Hours:** Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h30 to 17h30

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**FONDATION OLO**

550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2

**1 888 656-6372**

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

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

**Services:** \* Distribution of food supplements for pregnant people: eggs, milk, frozen vegetables and prenatal vitamins. \* Follow-up care for parents and families.

**Eligibility:** pregnant women on a low income

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD**

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax: 514 864-7329**

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

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

**Services:** Legal aid office in administrative, civil and family law.

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

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

**MAISON DE NAISSANCES JEANNE-MANCE**

1828 Ontario Street East, Suite 1822, Ville-Marie, Montréal, QC, H2K 1T7

**514 521-4108**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/maison-de-naissances-jeanne-mance](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/maison-de-naissances-jeanne-mance)

**Email:** [suivigrossesse.accouchement.ccsmtl@ssss.gouv.qc.ca](mailto:suivigrossesse.accouchement.ccsmtl@ssss.gouv.qc.ca)

**Services:** \* Childbirth. \* Pregnancy follow-up with midwives. \* Postnatal follow-up. \* Birth preparation sessions.

**Eligibility:** pregnant people

**Coverage area:** Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### **MONTRÉAL - CITY - WELCOME BOX**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

311

**Website:** [montreal.ca/en/programs/welcome-box-youngest-montrealers](http://montreal.ca/en/programs/welcome-box-youngest-montrealers)

**Services:** Donation of a box of practical and educational objects for children aged 0 to 12 months. \* Clothes: grow-with-me pants, swim diapers. \* Accessories: plush toy, fleece picnic blanket, bath towel, silicone bib, toothbrush, therapy bag. \* Leisure: rattle, hand puppet, Space for Life Museum tickets. \* Magnet referring to essential resource numbers (211, 311, 811, 911).

**Eligibility:** parent or guardian of a Montreal baby under one year of age as of January 1, 2024, living in one of Montreal's 19 boroughs, regardless of immigration status or financial situation

**Coverage area:** Montréal

**Hours:** library opening hours (variable)

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

### **ORDRE DES SAGES-FEMMES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

1 877 711-1313 Fax: 514 286-0008

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

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

**Services:** Professional order. \* Directory of member midwives: [click here](#) \* How to lodge a complaint: [click here](#) \* Information and documents: giving birth after caesarean section, where to give birth, birth centres, etc. \* Continuous education. \* Protection of the public through admission control, monitoring of the quality of practice and the disciplinary process.

**Eligibility:** general public, midwives

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00 from June 28 to August 30, 2024

**Fees:** midwives: annual membership

**Financing:** membership fees

**Legal status:** non-profit organization

## **Parenting Education**

### **ALIMA, PERINATAL SOCIAL NUTRITION CENTRE**

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

514 937-5375 Fax: 514 937-7453

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

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

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

**CLEF (LA)**

905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9

**Website:** [laclef.tv](http://laclef.tv)

**Email:** [info@laclef.tv](mailto:info@laclef.tv)

**Services:** Online advice and resources for parents. \* Assistance with literacy and numeracy. \* Parenting skills.

**Eligibility:** parents of children 5 to 8 years old

**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

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

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

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

**MINISTÈRE DE LA JUSTICE**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 Fax:** 514 873-7174

**Website:** [www.justice.gouv.qc.ca/en](http://www.justice.gouv.qc.ca/en)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Assumes governmental responsibilities related to justice. \* Co-parenting seminars: [www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances](http://www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances) \* Advice to the government and its ministries on the legality of their actions. \* Recommendation of policies and support to judicial activity. \* Managing of all the courts of law and specialized tribunals in the province.

**Coverage area:** Province of Québec

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

**Fees:** co-parenting seminars: free

**Financing:** provincial

**Legal status:** provincial government agency

**RELANCE JEUNES ET FAMILLES (LA)**

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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



**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

## TEL-JEUNES PARENTS

Confidential Address

**1 800 361-5085**

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

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

**Services:** Support for parents. \* Listening and intervention by phone, chat and email. \* Informative content available online.

**Eligibility:** parents of children from 12 to 17 years old

**Coverage area:** Province of Québec

**Hours:** 7 days, phone: 6h00 to 00h00, chat: 6h00 to 22h30

**Fees:** none

**Financing:** fundraising campaigns, grants, donations

**Legal status:** non-profit organization

## Recreational Activities

### ASSOCIATION DES FAMILLES DU CENTRE-SUD

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

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

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

**BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY**

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

**514 872-7888**

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

**Email:** [bibliofrontenac@montreal.ca](mailto:bibliofrontenac@montreal.ca)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 872-1633**

**Website:** [montreal.ca/en/places/bibliotheque-pere-ambroise](http://montreal.ca/en/places/bibliotheque-pere-ambroise)

**Email:** [bibliopereambroise@montreal.ca](mailto:bibliopereambroise@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626** Fax: 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

**CENTRE RÉCRÉATIF POUPART**

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** crpoupart.qc.ca

**Email:** info@crpoupart.qc.ca

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** cspeuqam.com

**Email:** info@cspeuqam.ca

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \* Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** cjcjm.ca

**Email:** info@cjcjm.ca

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

## GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

## MAISON DES FAMILLES DU CENTRE-SUD (LA)

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

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

### **MONTRÉAL CITY MISSION**

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** www.montrealcitymission.org

**Email:** info@montrealcitymission.org

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

### **RELANCE JEUNES ET FAMILLES (LA)**

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

**Website:** www.relance.org

**Email:** info@relance.org

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

### **RELIEF - THE PATH OF MENTAL HEALTH**

418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6

**1 866 738-4873 Fax:** 514 529-3083

**Website:** relief.ca/home

**Email:** relief@relief.ca

**Services:** \* Individual face-to-face or virtual support by phone, email and text. \* Individualized support service. \* Self-help groups for people living with anxiety, depressive or bipolar disorders. \* Self-help group for loved ones of people living with an anxiety, depressive or bipolar disorder. \* Virtual and in-person individual meetings. \* Virtual self-management workshops on the theme of depression or anxiety for Cégep or university students. \* Accredited training on self-management support to become a certified facilitator for our self-management workshops. \* Getting better my way: self-management support tool. \* Relief affaires: program offered to businesses and organization to support the creation of a healthy, balanced and safe work environment for mental health. \* Support to self-management workshops: depression, anxiety, bipolarity, work place and self-esteem.

**Eligibility:** people living with anxiety, depressive or bipolar disorders, their families and friends

**Coverage area:** Canada

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

**Fees:** self-help groups: membership fee \$40 per year, self-management workshops: from \$555 depending on the workshop (grant program available), individual counselling (a one-hour thematic meeting and a 30-minute telephone follow-up): \$95

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

**Legal status:** non-profit organization

## RUELLE DE L'AVENIR

2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 525-4233 Fax:** 514 525-1670

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

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

**Services:** \* Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). \* Summer camp and spring break camp.

**Eligibility:** people 4 to 16 years old, their parents

**Coverage area:** Centre-Sud, CSSDM territory

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** free, summer camp: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

## SOCIÉTÉ DU PARC JEAN-DRAPEAU

1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9

**514 872-6120**

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

**Email:** [clientele@parcjeandrapeau.com](mailto:clientele@parcjeandrapeau.com)

**Services:** Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. \* Tourism and recreational activities. \* Sports and outdoor facilities. \* Family activities, cultural and international events.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00, Canada pavilion: 8h30 to 17h00, services pavilion: 7h00 to 15h45

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** parapublic organization

## YWCA MONTRÉAL

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

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

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

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

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

**Fees:** fees for certain services only

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

**Legal status:** non-profit organization

## Youth Centres and Support

### ASSOCIATION LES CHEMINS DU SOLEIL

2040 Alexandre-De Sève Street, Ville-Marie, Montréal, QC, H2L 2W4

**438 380-5893**

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

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

**Services:** Community recreational centre for youth.

**Eligibility:** families on a low income, youth 6 to 25 years old

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: 15h00 to 21h00

**Financing:** donations, foundations, municipal, provincial

**Legal status:** non-profit organization

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

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

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

### CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE

460 Sainte-Catherine Boulevard West, Suite 602, Ville-Marie, Montréal, QC, H3B 1A7

**514 875-9770 Fax:** 514 875-9523

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

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

**Services:** \* Job search assistance. \* Back-to-school assistance. \* Artistic entrepreneurship assistance. \*

Various activities in the youth district.

**Eligibility:** youth 16 to 35 years old

**Coverage area:** Ville-Marie, Westmount

**Hours:** Monday to Thursday 9h00 to 17h00, remotely: Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

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

**Email:** [information@cclsca.qc.ca](mailto:information@cclsca.qc.ca)

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

## CENTRE RÉCRÉATIF POUPART

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** [crpoupart.qc.ca](http://crpoupart.qc.ca)

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

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

## CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

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

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

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

## CYBERCAP

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700** Fax: 514 861-7700

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

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



**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

## DOWNTOWN YMCA

1435 Drummond Street, Ville-Marie, Montréal, QC, H3G 1W4

**514 687-9622**

**Website:** [www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA](http://www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA)

**Email:** [sac.cv@ymcaquebec.org](mailto:sac.cv@ymcaquebec.org)

**Services:** \* Youth zone for 12 to 17-year-olds. \* YMCA International Language School. \* Social reintegration program.

**Eligibility:** youth, adults

**Coverage area:** Downtown

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

**Legal status:** non-profit organization

## FUNAMBULES MÉDIAS

2065 Parthenais Street, Suite 288A, Ville-Marie, Montréal, QC, H2K 3S9

**514 357-5456**

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

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

**Services:** Organization that promotes the expression of the citizen's word and the development of critical thinking. \* Video production in documentary cinema. \* Audiovisual services. \* Training adapted to citizen video. \* Cinema under the stars: documentary screenings in Montréal parks, a space for exchange and discussion. \* Travelling screenings: presentation of social and political films in alternative venues. \* Virée documentaire: introductory documentary workshop, screenings near schools, choice of screenings voted by youth, discovery of cultural places in the neighbourhood.

**Eligibility:** general public, organizations working for social change, documentary tour: youth from adult education centres

**Coverage area:** Montréal Island

**Financing:** donations, grants

**Legal status:** non-profit organization

## GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

## INNOVATION YOUTH

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

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

**Email:** [innovation@direction.ca](mailto:innovation@direction.ca)

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

## INTERLIGNE

Confidential Address

**514 866-0103**

**Website:** [interligne.co/en](http://interligne.co/en)

**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## MAISON DES JEUNES QUINKA-BUZZ (LA)

2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**514 524-3008**

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

**Services:** Animated meeting place. \* Information and referral. \* Prevention and intervention activities. \* Social, recreational and sports activities, outings. \* Cooking workshops. \* Music, art and creativity.

**Eligibility:** youth 12 to 18 years old

**Coverage area:** Centre-Sud

**Hours:** during summer: Monday to Wednesday 14h00 to 20h00, Thursday 14h00 to 20h30, during the school year: Monday to Wednesday 15h30 to 20h00, Thursday 15h30 to 20h30

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**OFFICE FRANCO-QUÉBÉCOIS POUR LA JEUNESSE - PARIS OFFICE**

535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3

**01 49 33 28 50**

**Website:** ofqj.org

**Email:** ressources@ofqj.org

**Services:** Accompaniment and support to young adults' mobility and the realization of projects across the Atlantic. \* Accompaniment for study periods outside of the country, social and professional integration. \* Assistance with entrepreneurship, professional development and the realisation of citizenship projects.

**Eligibility:** young adults from France or Québec aged 18 to 35 years old

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h30 to 17h30

**Financing:** provincial, donations

**Legal status:** non-profit organization

**OFFICES JEUNESSE INTERNATIONAUX DU QUÉBEC (LES)**

535 Viger Street East, Ville-Marie, Montréal, QC, H2L 2P3

**1 800 465-4255 Fax:** 514 873-0067

**Website:** www.lojiq.org/english

**Email:** info@lojiq.org

**Services:** Grouping and single window for international youth mobility organizations. \* Support to professional and personal development efforts in an international context.

**Eligibility:** young Canadian citizens 18 to 35 years old

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial, foundations, grants, donations

**Legal status:** non-profit organization

**OXY-JEUNES**

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 728-5297**

**Website:** [www.oxy-jeunes.com](http://www.oxy-jeunes.com)

**Email:** [info@oxy-jeunes.com](mailto:info@oxy-jeunes.com)

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. \* Artistic practice workshops and mentoring by professional artists. \* Shows, concerts and exhibitions. \* Cultural outings, activities and meetings. \* Free practice time with access to musical instruments. \* Multimedia and recording studio.

**Eligibility:** youth 12 to 22 years old

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: Monday to Friday 16h00 to 19h00 or 20h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

**PROJET TRIP**

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

**RUELLE DE L'AVENIR**

2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 525-4233** Fax: 514 525-1670

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

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

**Services:** \* Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). \* Summer camp and spring break camp.

**Eligibility:** people 4 to 16 years old, their parents

**Coverage area:** Centre-Sud, CSSDM territory

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** free, summer camp: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**SOCIÉTÉ DU PARC JEAN-DRAPEAU**

1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9

**514 872-6120**

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

**Email:** [clientele@parcjeandrapeau.com](mailto:clientele@parcjeandrapeau.com)

**Services:** Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. \* Tourism and recreational activities. \* Sports and outdoor facilities. \* Family activities, cultural and international events.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00, Canada pavilion: 8h30 to 17h00, services pavilion: 7h00 to 15h45

**Fees:** variable

**Financing:** self-financing, municipal  
**Legal status:** parapublic organization

### TEL-JEUNES

Confidential Address

**1 800-263-2266**

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

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

**Services:** \* Listening and psychosocial intervention by phone, chat, email and text message. \* Online exchange forum by and for youth. \* Chat with young counselling students, supervised by the professional team. \* Interactive, informative and educational content available online.

**Eligibility:** youth 20 years and under

**Coverage area:** Province of Québec

**Hours:** 7 days, phone: 6h00 to 2h00, text: 8h00 to 22h30, chat: 8h00 to 22h30

**Fees:** none

**Financing:** fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### YWCA MONTRÉAL - YOUTH SERVICES

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

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

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Youth Employment

### CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE

460 Sainte-Catherine Boulevard West, Suite 602, Ville-Marie, Montréal, QC, H3B 1A7

**514 875-9770 Fax:** 514 875-9523

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

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

**Services:** \* Job search assistance. \* Back-to-school assistance. \* Artistic entrepreneurship assistance. \* Various activities in the youth district.

**Eligibility:** youth 16 to 35 years old

**Coverage area:** Ville-Marie, Westmount

**Hours:** Monday to Thursday 9h00 to 17h00, remotely: Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CYBERCAP**

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700** Fax: 514 861-7700

**Website:** www.cybercap.qc.ca

**Email:** info@cybercap.qc.ca

**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

**GROUPE INFORMATION TRAVAIL**

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651** Fax: 514 526-1655

**Website:** www.groupeinfotravail.ca

**Email:** git@groupeinfotravail.ca

**Services:** Support for people suffering from social and professional exclusion.\* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** www.itineraire.ca/programme-maison-ronde/

**Email:** marilou.maisonneuve@itineraire.ca

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

## SENTIER URBAIN

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292 Fax:** 514 596-7093

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

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

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

## UNIVERSITÉ DU QUÉBEC À MONTRÉAL

405 Sainte-Catherine Street East, Suite J-M320, Ville-Marie, Montréal, QC, H2L 2C4

**514 987-3000 Fax:** 514 987-8932

**Website:** [uqam.ca/en/information/about](http://uqam.ca/en/information/about)

**Services:** Public educational establishment at university level \* 1st, 2nd and 3rd cycle programs. \* Continuing and development training. \* Distance learning. \* Student residences. \* Service à la vie étudiante: [click here](#) \* On-line information and videos: demystifying and mastering stress, assertiveness, living with a disability, setting career goals, etc. \* Preparatory music school. \* Sports centre. \* Lifeguard and first-aid training. \* Research and creative units. \* Other regional campuses: Terrebonne, Laval, Longueuil and Saint-Constant. Student groups \* Student Parent Support Committee. \* UQAM First Nations Circle. \* Public Interest Research Group (GRIP-UQAM). \* Many other groups and resources available.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Fees:** lifeguard and first aid: free for bronze and general training

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## YES EMPLOYMENT AND ENTREPRENEURSHIP

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788 Fax:** 514 878-9950

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

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

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

## Youth Shelters and Support

### AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL

1015 Robin Street, Ville-Marie, Montréal, QC, H2L 1W2

**438 832-2270**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/aire-ouverte](http://ciusss-centresudmtl.gouv.qc.ca/aire-ouverte)

**Email:** [aireouverte.ccsmtl@ssss.gouv.qc.ca](mailto:aireouverte.ccsmtl@ssss.gouv.qc.ca)

**Services:** Varied confidential services for youth 12 to 25 years old, with or without an appointment. \*

Psychosocial support on a variety of subject: relationship difficulties, mental health, alcohol, drugs, gambling, housing, employment, studies, etc. \* Sexual health clinic: contraception, screening for sexually transmitted and blood infections, gender identity and sexual orientation, etc. \* Accompaniment to community and CIUSSS ressources.

**Eligibility:** people 12 to 25 years old

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

**Hours:** by appointment: Monday and Friday 9h00 to 17h00, without appointment: Tuesday and Thursday 17h00 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### AUBERGE DU COEUR LE TOURNANT

1775 Wolfe Street, Ville-Marie, Montréal, QC, H2L 3J9

**514 523-2157 Fax:** 514 523-5094

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

**Email:** [tournant@aubergeletournant.org](mailto:tournant@aubergeletournant.org)

**Services:** \* Housing for up to 6 months including meals. \* Assessment of needs and case plan, support and accompaniment for procedures. \* Information, guidance and referral. \* Social and economic learning: budget, food, group life, healthier lifestyle.

**Eligibility:** volunteer male-identifying youth of 17 years and 10 months to 29 years old in a vulnerable situation and at risk of homelessness

**Capacity:** 10 beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** \$10 per night

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253 Fax:** 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)



**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

### DANS LA RUE - HOUSING

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**514 526-7677**

**Website:** danslarue.org/ou-trouver-de-laide/appartements

**Email:** info@danslarue.org

**Services:** \* Permanent housing for young people. \* Support and accompaniment.

**Eligibility:** people 25 years old and under in difficulty, social housing and family services: youth already in the organization only

**Capacity:** 17 units: 15 for youth and 2 for families

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Thursday 9h30 to 16h30 and Friday 9h30 to 15h30

**Financing:** donations

**Legal status:** non-profit organization

### DANS LA RUE - THE BUNKER

Confidential Address

**514 524-0029 Fax:** 514 524-7383

**Website:** danslarue.org/en/

**Email:** bunker@danslarue.org

**Services:** Emergency shelter for 3 to 5 days. \* Reception of minor runaways. \* Breakfast and dinner. \* Assistance in obtaining identification documents. \* Information and referral. \* Assistance with social reintegration procedures.

**Eligibility:** homeless people 12 to 21 years old, homeless people trans persons 12 to 26 years old, with or without pets

**Capacity:** 17 beds

**Coverage area:** Montréal Island

**Hours:** Sunday to Wednesday 18h00 to 12h00, admissions: until 2h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### EN MARGE 12-17 - SHELTER

Confidential Address

**514 849-7117**

**Website:** www.enmarge1217.ca

**Email:** hebergement@enmarge1217.ca

**Services:** Housing for youth including meals, psychosocial support, information and referral. \* Emergency shelter: 3 nights followed by 1 night per week. \* Short term accommodation: 30 days with a possibility of renewal for another 30 days.

**Eligibility:** emergency shelter: youth 12 to 17 years old runaways or homeless, short-term accommodation: youth 16 to 17 years old, on a voluntary basis and with parental consent

**Capacity:** emergency shelter: 2 beds, short-term accommodation: 7 beds

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** emergency shelter: free, short-term accommodation: \$3 per day or alternative work to pay short-term fees

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

**Legal status:** non-profit organization

### EN MARGE 12-17 - SOCIAL HOUSING

Confidential Address

**514 424-8583**

**Website:** www.enmarge1217.ca

**Email:** logement@enmarge1217.ca

**Services:** Transitional housing to promote social reintegration and autonomy. \* Apartments for a maximum period of 2 years. \* Community support, accompaniment and meetings.

**Eligibility:** youth 16 to 22 years old who have already benefited from another service from the organization

**Capacity:** 5 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** \$350 per month

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

**Legal status:** non-profit organization

### EN MARGE 12-17 - VOLET PARENT

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** www.enmarge1217.ca

**Email:** parents@enmarge1217.ca

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

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

**Legal status:** non-profit organization

### MONTRÉAL GENERAL HOSPITAL

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### PROJET LOGEMENT MONTRÉAL

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

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

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

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

### PROJET TRIP

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

### REFUGE DES JEUNES DE MONTRÉAL

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

**514 849-4221 ext. 2 Fax:** 514 849-8564

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

**Email:** [refuge@refugedesjeunes.org](mailto:refuge@refugedesjeunes.org)

**Services:** Temporary shelter for about a month. \* Emergency shelter. \* Breakfast and dinner. \* Individual meetings and referral. \* Follow-up. \* Possibility of access to social housing with community support. \* Food assistance for clients. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless people identifying as men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 23 studios

**Coverage area:** Greater Montréal

**Hours:** 7 days, evening: starting at 18h00

**Fees:** shelter: free

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

**TEL-JEUNES**

Confidential Address

**1 800-263-2266**

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

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

**Services:** \* Listening and psychosocial intervention by phone, chat, email and text message. \* Online exchange forum by and for youth. \* Chat with young counselling students, supervised by the professional team. \* Interactive, informative and educational content available online.

**Eligibility:** youth 20 years and under

**Coverage area:** Province of Québec

**Hours:** 7 days, phone: 6h00 to 2h00, text: 8h00 to 22h30, chat: 8h00 to 22h30

**Fees:** none

**Financing:** fundraising campaigns, grants, donations

**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

### APPUI PROCHEs AIDANTS

400 De Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4

**1 877 936-6235** Fax: 514 787-1995

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

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

**Services:** \* Project funding for organizations that provide services to caregivers.

**Eligibility:** organizations that provide support to caregivers

**Coverage area:** Province of Québec

**Hours:** 8h00 to 20h00, 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### ASSOCIATION DES FAMILLES DU CENTRE-SUD

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### ASSOCIATION DES RESSOURCES INTERMÉDIAIRES D'HÉBERGEMENT DU QUÉBEC

1431 Fullum Street, Suite 202, Ville-Marie, Montréal, QC, H2K 0B5

**1 800 663-4906** Fax: 514 353-8930

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

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

**Services:** Grouping of Québec housing intermediary resources. \* Representation with the ministère de la Santé et des Services sociaux. \* Member services: advocacy of the professional, social and economic interests, personalized advisory services and support.

**Eligibility:** housing intermediary resources

**Coverage area:** Province of Québec

**Financing:** donations, membership fees

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES

1555 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**1 844 465-3580** Fax: 514 904-1241

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

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

**Services:** \* Raising awareness about the means to improve the living conditions of people who use drugs to the public, community groups and institutions in a perspective of mischiefs reduction. \* Training workshops and creation of tools for drug users and for health promotion and sexually transmitted and blood-borne infections (STBBIs) prevention partners. \* L'Injecteur: newspaper published By and For drug users in Quebec. \* Responsible for the ADDICQ (Association pour la défense des personnes qui consomment des drogues au Québec). \* Naloxone kits distribution. \* Interventions in festive environments. \* Distribution of fentanyl test strips. \* Gathering for the International Day for Drug Overdose Awareness.

**Eligibility:** people using drugs, gathering for the International Overdose Awareness Day: general public

**Coverage area:** Province of Québec, gathering for the International Overdose Awareness Day: Émilie-Gamelin Park

**Hours:** Monday to Thursday 10h00 to 17h00, International Overdose Awareness Day: 31 August

**Fees:** none, L'Injecteur: voluntary contribution

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

**Legal status:** non-profit organization

### **AXTRA, L'ALLIANCE DES CENTRES-CONSEILS EN EMPLOI**

533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8

**514 721-3051 Fax:** 514 721-9114

**Website:** axtra.ca

**Email:** info@axtra.ca

**Services:** Grouping of organizations working in employability. \* Funding and partnership in research, projects and innovations in employability. \* Various training and QUARIERA seminar for members and employability professionals. \* Partners in internship projects in a variety of disciplines. \* trouvetonx.ca: geo-tracking website to easily find a member organization.

**Eligibility:** organizations and professionals working in employability, Trouve ton X: general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** www.carrefoursolidaire.org/en/accueil-english

**Email:** info@carrefoursolidaire.org

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

### **COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ**

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 288-7122**

**Website:** www.comaco.qc.ca

**Email:** reseau@comaco.qc.ca

**Services:** \* Grouping, representation and advocacy to promote seniors' continued implication in the community.  
\* Facilitation of the contestation, discussions and dissemination of information between the members and community players.

**Eligibility:** community organizations

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## COMITÉ SECTORIEL DE MAIN-D'OEUVRE DE L'ÉCONOMIE SOCIALE ET DE L'ACTION COMMUNAUTAIRE

1431 Fullum Street, Suite 106, Ville-Marie, Montréal, QC, H2K 0B5

**1 866 259-7714 Fax:** 514 259-7189

**Website:** www.csmoesac.qc.ca

**Email:** communication@csmoesac.qc.ca

**Services:** Promote and consolidate consultation and partnership in order to resolve labour problems common to businesses and organizations in the sector. \* Information on the employment sector. \* Labour force training, support and advocacy. \* Research and analysis on the sector.

**Eligibility:** social economy organizations and enterprises

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## COMMISSAIRE AUX PERSONNES EN SITUATION D'ITINÉRANCE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale

**Email:** serge.lareault@montreal.ca

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. \* Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. \* Development and outreach work on homelessness issues and best support practices. \* Municipal administration, partners and citizens' awareness. \* Encourages concerted action between partners for the development of adapted services. \* Contribution to the development of a global vision and a municipal support plan. \* Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

## COMMUNAGIR

2120 Sherbrooke Street East, Suite 217, Ville-Marie, Montréal, QC, H2K 1C3

**514 904-7450**

**Website:** communagir.org

**Email:** info@communagir.org

**Services:** Support to the development of collective action in local and regional communities. \* Specialized services in skills development: support, training and skill-building workshops and webinars. \* Communagir pour exporter: production and dissemination of specialized content and tools. \* Partnership works. \* Monitoring, research and development. \* Blog on collective action in Québec: Nousblogue.ca.

**Eligibility:** professionals, managers, consultants, stakeholders, citizens and elected officials interested in community development

**Coverage area:** Province of Québec



**Hours:** office: Monday to Friday 9h00 to 17h00, training: see the calendar on the website

**Fees:** variable

**Financing:** fondations, subventions, provincial

**Legal status:** non-profit organization

### **CONFEDERATION OF NATIONAL TRADE UNIONS**

1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5

**1 800 947-6177**

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

**Email:** [sesyndiquer@csn.qc.ca](mailto:sesyndiquer@csn.qc.ca)

**Services:** Support to affiliated organizations and advocacy of their economic, social and political rights and interests. \* Advice on work relations, unionizing, human resources, negotiation, public relations and administration. \* Legal services. \* Support to mobilization initiatives and regional life. \* Union management tools: software, web platform.\* Training in union life, labour relations, health and safety, and unionism and society.

**Eligibility:** workers, federations, central councils, unions

**Coverage area:** Province of Québec

**Hours:** Monday 7h00 to 18h00, Tuesday to Friday 7h00 to 00h00

**Financing:** membership fees

**Legal status:** non-profit organization

### **CONSEIL RÉGIONAL DE L'ENVIRONNEMENT - MONTRÉAL**

50 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H2X 3V4

**514 842-2890**

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

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

**Services:** Protection of the environment, action and promotion of sustainable development. \* Themes and issues: green spaces, natural areas, waste, transport, water and air, sustainable development, land use and climate change.

**Eligibility:** organizations, private or public companies, citizens

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, contributions, donations

**Legal status:** non-profit organization

### **CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE CENTRE-SUD MONTRÉAL**

1855 du Havre Street, Suite 107, Ville-Marie, Montréal, QC, H2K 2X4

**514 521-0467 Fax: 514 521-6923**

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

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

**Services:** Multisectoral community organizations grouping. \* Supervision of the local district coordination mechanism. \* Support and promotion of local development initiatives. \* Coordination of the Table de développement social (TDS) Centre-Sud.

**Eligibility:** citizens, autonomous community action organizations, community organizations, social economy organizations

**Coverage area:** Centre-Sud

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

**Fees:** membership: variable

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

**Legal status:** non-profit organization

**ÉCO-QUARTIER VILLE-MARIE DE PETER-MCGILL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

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

**Email:** [direction@saesem.org](mailto:direction@saesem.org)

**Services:** To contribute to the improvement of the quality of the living environment for the Peter-McGill community, through awareness and mobilization actions with individuals, organizations and institutions. \* Action and promotion about 3R: reduction at source, reusing, recycling and recovery. \* Cleaning and embellishment. \* Beautification and urban agriculture. \* Promotion of environmental citizen action. \* Information about waste collections. \* Workshops and awareness tools. \* Community composting. \* Grant for the purchase of reusable diapers.

**Eligibility:** neighbourhood residents

**Coverage area:** Peter-McGill district

**Hours:** Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h30 to 17h30

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ÉCO-QUARTIER VILLE-MARIE DE SAINTE-MARIE ET DE SAINT-JACQUES**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [www.sem-montreal.org/](http://www.sem-montreal.org/)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** \* Environmental workshops: 3RV, zero waste, food waste, ecological gardening, urban agriculture, biodiversity, etc. \* Community composting (registration required). \* Greening and urban agriculture: flower distribution, green alleys, citizen projects, etc. \* Waste management information. \* Processing requests for recycling and organics bins. \* Drop-off point for Second Life and Boco Boco baskets. \* Drop-off point for batteries, ink cartridges, writing instruments. \* Organization of clean-up activities. \* Handling of dumping complaints. \* Green alley development.

**Eligibility:** citizens, companies and organizations

**Coverage area:** Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street

**Hours:** Monday to Wednesday 9h30 to 12h00 and 12h30 to 17h30, Thursday 11h30 to 19h00

**Fees:** variable

**Financing:** grants, municipal

**Legal status:** non-profit organization

**ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE**

2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6

**514 521-2234**

**Email:** [stmi1911@gmail.com](mailto:stmi1911@gmail.com)

**Services:** \* Donations of non-perishable food, hygiene products, baby diapers and medicines for Ukrainian refugees.

**Eligibility:** Ukrainian refugees

**Coverage area:** Greater Montréal

**Hours:** Tuesday 11h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**ENGLISH SPEAKING CATHOLIC COUNCIL**

138 Saint-Pierre Street, Ville-Marie, Montréal, QC, H2Y 2L7

**438 470-6680**

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

**Email:** [esc@catholiccouncil.ca](mailto:esc@ catholiccouncil.ca)

**Services:** \* Community animation. \* Research, coordination and representation in the areas of education, health and social services.

**Eligibility:** English-speaking Catholic community, general public

**Coverage area:** Province of Québec, mostly Greater Montréal

**Hours:** Monday to Thursday 8h00 to 17h00

**Fees:** none

**Financing:** donations, foundations, federal

**Legal status:** Nonprofit - Incorporated

## ÉQUITERRE

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

**1 877 272-6656 Fax:** 514 522-1227

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

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

**Services:** \* Awareness, education, and tips on mobility, agriculture, food, and consumption. \* Pairing of consumers with organic farms. \* Referrals for the purchase of fair trade products. \* Conferences.

**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

## FONDATION JEAN MARC PAQUETTE - SAFIR

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** [www.fjmp.org/fr/safir](http://www.fjmp.org/fr/safir)

**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## FRONT D'ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN

1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5

**514 522-1010 Fax:** 514 527-3403

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

**Email:** [frapru@frapru.qc.ca](mailto:frapru@frapru.qc.ca)

**Services:** Group of organizations that intervenes with its own members, and especially with governments, to promote the right to housing and more specifically, social housing. \* Defense of collective and individual rights related to housing issues: planning, social housing, housing conditions. \* Fight against poverty and promotion of social rights.

**Eligibility:** housing rights associations and advocacy groups

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** grants, contributions, donations

**Legal status:** non-profit organization

**INTERLOGE**

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7

**514 522-2107 Fax:** 514 522-7070

**Website:** interloge.org

**Email:** info@interloge.org

**Services:** Affordable housing. \* Development of affordable housing projects. \* Contribution to neighbourhoods' socioeconomic revitalization. \* Rental of affordable housing.

**Eligibility:** households on a low or modest income

**Capacity:** 925 housing units

**Coverage area:** Montréal Island, Laval, Laurentians, Montérégie

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

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

**Legal status:** non-profit organization

**MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale

**Email:** diversitesociale@montreal.ca

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**PETER MCGILL COMMUNITY COUNCIL**

1857 de Maisonneuve Boulevard West, Suite 319, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-2280**

**Website:** petermcgill.org/en

**Email:** info@petermcgill.org

**Services:** Neighbourhood roundtable. \* Coordination. \* Intersectoral community organizations grouping.

**Eligibility:** residents, students, workers, community and institutional organizations

**Coverage area:** Peter McGill district

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

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

**Legal status:** non-profit organization

**QUÉBEC COLLECTIVE KITCHENS ASSOCIATION**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 866 529-3448 Fax:** 514 529-1359

**Website:** www.rccq.org/en

**Email:** info@rccq.org

**Services:** Promotes development, consolidation and concertation of collective kitchens across the province of Québec. \* Accompaniment to members. \* Start-up support and training about economic, political and social realities and other topics concerning members. \* List of collective kitchens in Québec:

www.rccq.org/en/members \* Liaison newsletters, daily information and documentation centre.

**Eligibility:** groups wanting to start collective kitchens, member groups, general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

### QUEBEC COMMUNITY GROUPS NETWORK

1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5

**514 868-9044**

**Website:** qcgn.ca

**Email:** info@qcgn.ca

**Services:** Development, support and promotion of community organizations serving English-speaking Quebecers. \* Expertise and mobilization on issues affecting English-speaking Quebecers.

**Eligibility:** organizations sharing the vision and mission of the QCGN

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** federal

**Legal status:** non-profit organization

### QUEBEC SENIORS' HOUSING GROUP

425 de Maisonneuve Boulevard West, Suite 1008, Ville-Marie, Montréal, QC, H3A 3G5

**1 888 440-3777 Fax:** 514 526-2662

**Website:** www.rqra.qc.ca

**Email:** info@rqra.qc.ca

**Services:** Grouping, representing and supporting member private residences. \* Resources to help people in their search.

**Eligibility:** managers of private housing establishments and nursing homes for autonomous seniors or seniors with a loss of autonomy, seniors searching for a residence

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

### REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**1 877 523-7919 Fax:** 514 523-7619

**Website:** www.rrasmq.com

**Email:** rrasmq@rrasmq.com

**Services:** Promotion, development and maintenance of alternative organizations in mental health. \* Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. \* Information and referral to community mental health organizations.

**Eligibility:** alternative mental health groups and organizations, general population

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### REGROUPEMENT QUÉBÉCOIS DU PARRAINAGE CIVIQUE

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**1 877 727-7246**

**Website:** www.rqpc.org

**Email:** info@rqpc.org

**Services:** \* Information and awareness-raising. \* Support to members and for the development of new organizations.

**Eligibility:** members, general public

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

### RÉSEAU D'AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL

1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5

**Website:** rapsim.org

**Email:** info@rapsim.org

**Services:** \* Network of organizations working with people who are homeless or at risk of homelessness. \* Collective rights advocacy. \* Consultation with stakeholders and public authorities. \* Dissemination of information and knowledge sharing on homelessness issues.

**Eligibility:** organizations working to prevent and reduce homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

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

**Legal status:** non-profit organization

### SANS OUBLIER LE SOURIRE

2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 522-2280 ext. 220**

**Website:** www.sansoublierlesourire.org

**Email:** sansoublierlesourire@hotmail.com

**Services:** Services for adults living with an intellectual disability. \* Day centre. \* Sports activities. \* Pool and walking club. \* Seniors club. \* Awareness. \* Consultation.

**Eligibility:** adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### SENTIER URBAIN

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292 Fax: 514 596-7093**

**Website:** www.sentierurbain.org

**Email:** info@sentierurbain.org

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 Fax: 514 526-5930**

**Website:** ssvp-mtl.org/en

**Email:** adjadm@ssvp-mtl.org

**Services:** \* Assistance with basic needs: food, clothing, furniture, school supplies. \* Assistance on a personal level: listening, accompaniment, referral, work reintegration. \* Recovery of material goods to help victims of disaster. \* To find your neighbourhood's service point: [ssvp-mtl.org/en/food-aid](http://ssvp-mtl.org/en/food-aid) \* Bonhomme à lunettes service point.

**Eligibility:** individuals and families on a low income, people experiencing food and economic insecurity

**Coverage area:** Montréal, Laval, MRC L'Assomption

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

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

## **SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [sem-montreal.org](http://sem-montreal.org)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** Inform, mobilize and raise awareness of urban environmental issues through greening, citizen action and waste management projects. \* Ville-Marie Éco-quartier: beautification, urban ecology and water conservation, distribution of recycling and food waste bins. \* Support for the development of green alleyways. \* Plant distribution. \* Workshops and activities for schools, day-care centers and community organizations. \* Recycling: batteries, cell phones, ink cartridges, cork, can pins, keys, etc. \* Horticultural consulting. \* Environmental services for organizations.

**Eligibility:** general public

**Coverage area:** Sainte-Marie and Saint-Jacques

**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 11h30 to 19h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

## **SOCIÉTÉ POUR L'ACTION, L'ÉDUCATION ET LA SENSIBILISATION ENVIRONNEMENTALE DE MONTRÉAL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

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

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

**Services:** \* Environmental education: training and workshops for organization. \* Mégot Zéro: installation of ashtrays on public and private property, recycling of cigarette butts. \* Furniture and household items recovery activity: curbside and home pickup, recovered items redistributed to charitable organizations. \* Eco-quartier in Peter-McGill.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, recovery activities: consult the website

**Financing:** donations, municipal

**Legal status:** non-profit organization

## **TABLE DE CONCERTATION DU FAUBOURG SAINT-LAURENT**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 288-0404**

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

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

**Services:** Development of projects and activities for the fulfillment of the neighbourhood and the improvement of the quality of life. \* Information, consultation.

**Eligibility:** residents, organizations

**Coverage area:** Faubourg Saint-Laurent: between Sherbrooke, Atateken, Viger and Robert-Bourassa streets

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

**Fees:** none

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

**Legal status:** non-profit organization

## Charity Organizations

### CANADIENS CHILDREN'S FOUNDATION

1275 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 5L2

**514 925-2133**

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

**Email:** [fondation@canadiens.com](mailto:fondation@canadiens.com)

**Services:** Promotion of physical activity and healthy lifestyle habits. \* Bleu Blanc Bouge Program: outdoor refrigerated and multisports rinks, equipment donation and development of physical abilities. \* Financial assistance to registered charities.

**Eligibility:** organizations working with underprivileged youth 4 to 17 years old

**Coverage area:** Province of Québec

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### DESJARDINS FOUNDATION

1 Complexe Desjardins, 16th floor, South Tower, Ville-Marie, Montréal, QC, H5B 1B2

**1 800 443-8611**

**Website:** [www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp](http://www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp)

**Email:** [fondation.desjardins@desjardins.com](mailto:fondation.desjardins@desjardins.com)

**Services:** Prizes, scholarships, donations and support to academic projects. \* Promotion of academic perseverance.

**Eligibility:** students

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

### ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE

2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6

**514 521-2234**

**Email:** [stmi1911@gmail.com](mailto:stmi1911@gmail.com)

**Services:** \* Donations of non-perishable food, hygiene products, baby diapers and medicines for Ukrainian refugees.

**Eligibility:** Ukrainian refugees

**Coverage area:** Greater Montréal

**Hours:** Tuesday 11h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### FONDATION DE L'ORDRE DES DENTISTES DU QUÉBEC

800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9

**514 875-2266** Fax: 514 393-9248

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

**Email:** [fondation@fodq.ca](mailto:fondation@fodq.ca)



**Services:** \* Promotion of oral health. \* Education on oral disease prevention measures. \* Management of funds to improve dental care access for vulnerable people. \* Assistance for preventive, curative and applied research projects. \* Coordination.

**Coverage area:** Province of Québec

**Financing:** donations

**Legal status:** non-profit organization

### FOUNDATION OF GREATER MONTRÉAL

505 René-Lévesque Boulevard West, Suite 1000, Ville-Marie, Montréal, QC, H2Z 1Y7

**514 866-0808 Fax:** 514 866-4202

**Website:** fgmtl.org/en

**Email:** info@fgmtl.org

**Services:** \* Grant program for non-profit organizations. \* Creation of endowment funds for non-profit organizations.

**Eligibility:** community organizations

**Coverage area:** Greater Montréal

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

**Financing:** donations

**Legal status:** non-profit organization

### HEART AND STROKE FOUNDATION

630 Sherbrooke Street West, Suite 200, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 473-4636**

**Website:** www.heartandstroke.ca

**Services:** Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy. \* Online directory.

**Coverage area:** Canada

**Financing:** donations

**Legal status:** non-profit organization

### INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES

209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2

**514 316-6445 ext. 100**

**Website:** www.egides.org

**Email:** info@egides.org

**Services:** Advocacy for the rights of the LGBTQI community worldwide. \* Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. \* Financial and material support to organizations.

**Eligibility:** lesbian, gay, bisexual, transexual, queer and intersex community, organizations

**Coverage area:** Canada

**Hours:** by appointment only

**Financing:** donations, membership fees

**Legal status:** non-profit organization

### MAKE-A-WISH

1155 Robert-Bourassa Boulevard, Suite 1200, Ville-Marie, Montréal, QC, H3B 3A7

**1 866 543-9474 Fax:** 514 221-4774

**Website:** makeawish.ca

**Email:** info@revesdenfants.ca

**Services:** Making dreams come true for children with life-threatening illnesses to improve the quality of their lives. \* Funding events and activities.

**Eligibility:** children 3 to 17 years old with a serious illness

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 16h00

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### MIDNIGHT KITCHEN

3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7

**438 238-9907**

**Website:** midnightkitchen.org

**Email:** midnightkitchencollective@gmail.com

**Services:** \* Vegan meal distribution: 3480 McTavish Street. \* Solidarity catering service for community events. \* Community garden: Burnside building, 805 Sherbrooke Street. \* Popular education. \* Funding of community events and initiatives.

**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students, community members, community organizations

**Coverage area:** Montréal Island

**Hours:** email reception: Monday to Thursday 11h00 to 16h00, meal service: see the calendar on their website, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

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

**Legal status:** non-profit organization

### SALVATION ARMY

625 du Président-Kennedy Avenue, Suite 1700, Ville-Marie, Montréal, QC, H3A 1K2

**1 877 288-7441 Fax:** 514 288-3521

**Website:** salvationarmy.ca/atlantic

**Services:** \* Public relations and development services. \* Main office for the annual campaign.

**Coverage area:** Province of Québec

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

**Financing:** donations

**Legal status:** non-profit organization

## Community centres

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** www.asccs.qc.ca

**Email:** centre@asccs.qc.ca

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

**AU COUP DE POUCE CENTRE-SUD**

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439** Fax: 514 521-5763

**Website:** www.aucoupdepouce.qc.ca

**Email:** animateurs@aucoupdepouce.qc.ca

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

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

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626** Fax: 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

**CENTRE RÉCRÉATIF POUPART**

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** crpoupart.qc.ca

**Email:** info@crpoupart.qc.ca

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561** Fax: 514 524-5663

**Website:** www.centrestpierre.org

**Email:** info@centrestpierre.org

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** chezemiliemep.wordpress.com

**Email:** chezemilie2106@hotmail.ca

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092** Fax: 514 596-7093

**Website:** comitesocialcentresud.wordpress.com

**Email:** direction@comite.social

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

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

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

**CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** cjcm.ca

**Email:** info@cjcm.ca

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

## Community development

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

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

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

### BÉNÉVOLAT DE COMPÉTENCES

2330 Notre Dame West Street, Suite 400, Ville-Marie, Montréal, QC, H3G 1W7

**514 842-3351 ext. 234**

**Website:** [www.cabm.net](http://www.cabm.net)

**Email:** [benevolatdaffaires@cabm.net](mailto:benevolatdaffaires@cabm.net)

**Services:** Support for non-profit organizations. \* Pairing of business volunteers with non-profit organizations.

**Eligibility:** non-profit organizations with a management or operational need, active or retired entrepreneurs or students in various fields of activity (administration, communication, law, etc.)

**Coverage area:** Greater Montréal

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

**Fees:** organizations: \$50, volunteers: free

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

**Legal status:** non-profit organization

### CÉGEP DU VIEUX MONTRÉAL

255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6

**514 982-3437**

**Website:** [cvm.qc.ca](http://cvm.qc.ca)

**Email:** [infoprogrammes@cvm.qc.ca](mailto:infoprogrammes@cvm.qc.ca)

**Services:** Public higher education institution at the college level. \* Pre-university and technical programs (DEC), attestation of collegiate studies (AEC). \* Ongoing training and services to businesses. \* Room rentals. \* Physical education and sports centre.

**Coverage area:** Province of Québec

**Hours:** cégep: Monday to Friday 7h00 to 23h00, Saturday and Sunday 8h00 to 17h00, registrar: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00

**Financing:** provincial, foundations

**Legal status:** parapublic organization

## CENTRE AFRIKA

1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3

**514 843-4019 Fax:** 514 849-4232

**Email:** [centreafrica@centreafrica.com](mailto:centreafrica@centreafrica.com)

**Services:** Integration of African culture into Montréal and Québec realities. \* Welcoming and accompaniment of newcomers of African origin and others. \* Support for the development of initiatives and networks promoting integration and inclusion. \* Activities and events for the creation of fraternal networks. \* Intercultural and interreligions dialogue activities. \* Coffee-meeting. \* Room rental.

**Eligibility:** people of African origin, people interested in knowing more about Africa

**Capacity:** between 30 and 60 people

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 13h30 to 17h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

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

**Email:** [information@cclsca.qc.ca](mailto:information@cclsca.qc.ca)

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

## CENTRE D'ENTREPRISES ET D'INNOVATION DE MONTRÉAL

33 Prince Street, Ville-Marie, Montréal, QC, H3C 2M7

**514 866-0575 Fax:** 514 866-3591

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

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

**Services:** \* Assists start-up companies in new technologies or innovative products and services. \* Office space rental. \* Networking.

**Eligibility:** small and medium enterprises, self-employed workers

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 8h30 to 17h00

**Fees:** annual membership: \$100

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

### **CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561 Fax:** 514 524-5663

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

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

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

### **CINÉMATHEQUE QUÉBÉCOISE (LA)**

335 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2X 1K1

**514 842-9763 Fax:** 514 842-1816

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

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

**Services:** Acquisition, documentation and preservation of Québec's audiovisual heritage as well as international animated film. \* Collection and promotion of significant works of Canadian and world cinema. \* Art exhibitions. \* Room rental.

**Capacity:** main screening room: 150 seats, Fernand-Seguin screening room: 84 seats

**Coverage area:** Province of Québec

**Hours:** box office: Monday to Friday 12h00 to 21h00, Saturday 14h00 to 21h00, Sunday 14h00 to 19h00

**Fees:** projections: adults: \$13, seniors, students and children (5 to 16 years old): \$11, family of 3: \$25, family of 4: \$30, annual subscription: \$140, subscription for 2 years: \$260, duo subscription for 2 years: \$250, student annual subscription: \$109, centre d'art et d'essai: adults : \$13, students: \$12, seniors, children and members: \$11, exhibits: free

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

**Legal status:** non-profit organization

### **COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092 Fax:** 514 596-7093

**Website:** [comitesocialcentresud.wordpress.com](http://comitesocialcentresud.wordpress.com)

**Email:** [direction@comite.social](mailto:direction@comite.social)

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

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

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

**COMMUNAGIR**

2120 Sherbrooke Street East, Suite 217, Ville-Marie, Montréal, QC, H2K 1C3

**514 904-7450**

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

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

**Services:** Support to the development of collective action in local and regional communities. \* Specialized services in skills development: support, training and skill-building workshops and webinars. \* Communagir pour emporder: production and dissemination of specialized content and tools. \* Partnership works. \* Monitoring, research and development. \* Blog on collective action in Québec: [Nousblogue.ca](http://Nousblogue.ca).

**Eligibility:** professionals, managers, consultants, stakeholders, citizens and elected officials interested in community development

**Coverage area:** Province of Québec

**Hours:** office: Monday to Friday 9h00 to 17h00, training: see the calendar on the website

**Fees:** variable

**Financing:** fondations, subventions, provincial

**Legal status:** non-profit organization

**CONSEIL INTERPROFESSIONNEL DU QUÉBEC**

550 Sherbrooke Street West, West tower, Suite 2050, Ville-Marie, Montréal, QC, H3A 1B9

**514 288-3574 Fax:** 514 288-3580

**Website:** [www.professions-quebec.org](http://www.professions-quebec.org)

**Email:** [info@professions-quebec.org](mailto:info@professions-quebec.org)

**Services:** Association of professional orders. \* Representation and networking among professional orders. \* Training and reflection activities. \* Information and referral for the public. \* Advisory body to the governments. \* List of professional orders: [www.professions-quebec.org/fr/liste-des-ordres-professionnels](http://www.professions-quebec.org/fr/liste-des-ordres-professionnels)\* Room rentals.

**Eligibility:** professional orders, general public

**Coverage area:** Province of Québec

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

**Fees:** variable

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

**Legal status:** non-profit organization

**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE CENTRE-SUD MONTRÉAL**

1855 du Havre Street, Suite 107, Ville-Marie, Montréal, QC, H2K 2X4

**514 521-0467 Fax:** 514 521-6923

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

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

**Services:** Multisectoral community organizations grouping. \* Supervision of the local district coordination mechanism. \* Support and promotion of local development initiatives. \* Coordination of the Table de développement social (TDS) Centre-Sud.

**Eligibility:** citizens, autonomous community action organizations, community organizations, social economy organizations

**Coverage area:** Centre-Sud

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

**Fees:** membership: variable

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

**Legal status:** non-profit organization

**INSURANCE BUREAU OF CANADA**

1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1

**1 877 288-4321**

**Website:** [bac-quebec.qc.ca/en](http://bac-quebec.qc.ca/en)

**Email:** [cinfo@bac-quebec.qc.ca](mailto:cinfo@bac-quebec.qc.ca)



**Services:** Association representing the majority of property and casualty insurers (home, commercial, automobile and liability insurance). \* Participation in the preparation of draft laws. \* Education, prevention, awareness. \* Public information.

**Eligibility:** consumers, insurance industry counsellors

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

## KOUMBIT

1883 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L7

**514 907-9494**

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

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

**Services:** Web services based on open source software. \* Hosting of shared and private servers. \* Website design and development. \* System administration: analysis, integration, maintenance, backup systems, server configuration management, etc.

**Eligibility:** general public

**Capacity:** N/A

**Coverage area:** Canada

**Hours:** Email support: monday to friday 10h00 to 17h00, phone support: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00, Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 10h00 to 12h00

**Fees:** variable, solidarity discount for community organizations

**Financing:** self-financing

**Legal status:** non-profit organization

## MCCORD STEWART MUSEUM

690 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 1E9

**514 861-6701 ext. 1234**

**Website:** [www.musee-mccord-stewart.ca/en](http://www.musee-mccord-stewart.ca/en)

**Email:** [info@mccord-stewart.ca](mailto:info@mccord-stewart.ca)

**Services:** \* Diverses cultural exhibitions: Indigenous voices of today, Becoming Montreal, etc. \* Social and participatory activities: musical family workshop, lectures, screening, etc. \* In-person or online educational activities. \* Day camp. \* Conferences and symposiums. \* Online collection: [click here](#) \* Hall rentals.

**Eligibility:** general public, day camp: youth 5 to 9 years old

**Coverage area:** Greater Montréal

**Hours:** Tuesday 10h00 to 17h00, Wednesday 10h00 to 21h00, Thursday 10h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** municipal, provincial, donations, fundraising campaigns, self-financing, membership fees

**Legal status:** non-profit organization

## MICROENTREPRENDRE

2 Sainte-Catherine Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1K4

**514 900-0961**

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

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

**Services:** Promotion and development of microcredit in Québec. \* Consolidation and support of a community microcredit network. \* Accompaniment and information about community microcredit, eligibility, process, etc. \* List of member organizations.

**Eligibility:** people starting an individual, collective or social business, without access to traditional credit or standardized program

**Coverage area:** Province of Québec

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

**Fees:** accompaniment: free

**Financing:** provincial, grants, foundations

**Legal status:** non-profit organization

### MUSÉE POINTE-À-CALLIÈRE

350 Royale Place, Ville-Marie, Montréal, QC, H2Y 3Y5

**514 872-9150**

**Website:** [pacmusee.qc.ca/fr/](http://pacmusee.qc.ca/fr/)

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

**Services:** Montreal history museum. \* Permanent and temporary exhibitions. \* School programs and activities for daycare centres and day camps. \* Events, conferences, cultural activities. \* Room rental.

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Friday 10h00 to 17h00, Saturday and Sunday 11h00 to 17h00

**Fees:** variable

**Legal status:** non-profit organization

### PME MTL CENTRE-VILLE

630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4

**514 879-0555**

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

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

**Services:** \* Support, accompaniment and financing for businesses. \* Local economic development. \* Training.

**Eligibility:** businesses, non-profit organizations, cooperatives

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount

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

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### QUEBEC COMMUNITY GROUPS NETWORK

1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5

**514 868-9044**

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

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

**Services:** Development, support and promotion of community organizations serving English-speaking Quebecers. \* Expertise and mobilization on issues affecting English-speaking Quebecers.

**Eligibility:** organizations sharing the vision and mission of the QCGN

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** federal

**Legal status:** non-profit organization

### RECOGNITION

1435 de Bleury Street, Suite 300, Ville-Marie, Montréal, QC, H3A 2H7

**1 800 608-3350** **Fax:** 514 864-4161

**Website:** [www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition](http://www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition)

**Email:** [sara.thibault@calq.gouv.qc.ca](mailto:sara.thibault@calq.gouv.qc.ca)

**Services:** Support for the First Nations artistic community's reappropriation, reconstruction and development efforts. \* Revitalization, creation and transmission: support for artists throughout their careers. \* Microgrants for artists. \* Impetus: providing artists with their first grant. \* Support for projects undertaken by First Nations artistic and organizations. \* Development of the organizational capabilities of First Nations artistic organizations.

**Eligibility:** Inuit and First Nations artists and artistic organizations

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

## RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC

1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5

**514 526-6267 Fax:** 514 526-2911

**Website:** www.reseau.coop

**Email:** info@reseau.coop

**Services:** \* Start-up service of cooperative work enterprises: training, support and accompaniment. \* Parcours

COOP: 14-weeks training course in project start-up, advisory service on collective management by workers. \*

Group insurance plan. \* Purchasing group.

**Eligibility:** groups of collective entrepreneurs

**Coverage area:** Province of Québec

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

**Fees:** annual membership: \$320 plus taxes

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

**Legal status:** non-profit organization

## ROBIN DES BOIS

3933 Parc la Fontaine Avenue, Ville-Marie, Montréal, QC, H2L 0C7

**514 288-1010**

**Website:** robindesbois.ca/en

**Email:** resto@robindesbois.ca

**Services:** Restaurant. \* Volunteering. \* Recruitment and training. \* Day camp. \* Hall for corporate and special events: shows, conferences, birthdays, etc.

**Eligibility:** general public, day camp: children from 9 to 12 years old

**Capacity:** 110 seats

**Coverage area:** Greater Montréal

**Hours:** summer: Wednesday 10h00 to 17h00, Thursday, Friday and Saturday: 10h00 to 22h00, Sunday 10h00 to 17h00, winter: Saturday and Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

## UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

**819 431-2570**

**Website:** unionfrancaisedemontreal.org

**Email:** info@unionfrancaisedemontreal.org

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \*

Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: \$25

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

**Legal status:** non-profit organization

## Information and referral

### ACTION FEMMES ET HANDICAP

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

**514 861-6903** Fax: 514 866-4866

**Website:** afhm.org

**Email:** admin@afhm.org

**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** aideauxtrans.com/fr

**Email:** info@aideauxtrans.com

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL

1015 Robin Street, Ville-Marie, Montréal, QC, H2L 1W2

**438 832-2270**

**Website:** ciusss-centresudmtl.gouv.qc.ca/aire-ouverte

**Email:** aireouverte.ccsmtl@ssss.gouv.qc.ca

**Services:** Varied confidential services for youth 12 to 25 years old, with or without an appointment. \* Psychosocial support on a variety of subject: relationship difficulties, mental health, alcohol, drugs, gambling, housing, employment, studies, etc. \* Sexual health clinic: contraception, screening for sexually transmitted and blood infections, gender identity and sexual orientation, etc. \* Accompaniment to community and CIUSSS resources.

**Eligibility:** people 12 to 25 years old

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

**Hours:** by appointment: Monday and Friday 9h00 to 17h00, without appointment: Tuesday and Thursday 17h00 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**ASSOCIATION QUÉBÉCOISE DE SOINS PALLIATIFS**

1130 de Montbrun Street, Ville-Marie, Montréal, QC, H3A 3C6

**514 826-9400****Website:** www.aqsp.org**Email:** info@aqsp.org**Services:** Promoting palliative care.\* Training and events. \* Directory of online resources.**Eligibility:** caregivers, general public, social workers, volunteers, professionals**Coverage area:** Province of Québec**Hours:** Monday to Thursday 8h30 to 16h30**Fees:** training: variable**Financing:** membership fees**Legal status:** non-profit organization**CARREFOUR DE RESSOURCES EN INTERCULTUREL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1****Website:** criccentresud.org**Email:** info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00**Fees:** none**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns**Legal status:** non-profit organization**CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701****Website:** halte-ami.ca**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants**Coverage area:** Greater Montréal**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

### FIRST STOP - DOWNTOWN YMCA CENTRE

1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 284-2247**

**Website:** [www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop](http://www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop)

**Email:** [premier.arret@ymcaquebec.org](mailto:premier.arret@ymcaquebec.org)

**Services:** Community program for vulnerable people or at risk of homelessness who arrive and transit in the Montreal Bus Station area. \* Reception, help, reference and support. \* Last resort assistance through tickets for public transportation within Montreal for people in the Centre-Sud sector (or nearby) who need transportation for procedures (medical appointments, etc.). \* Repatriation outside the city for people at risk who, for their safety, must return to their hometown. \* Possibility of using a telephone to take steps or maintain contact with a support network.

**Eligibility:** vulnerable people newly arrived in Montreal or recently homeless, people at risk of homelessness

**Coverage area:** Montréal Island, tickets for public transport: Berri-UQAM metro station surroundings

**Hours:** Monday to Friday 9h30 to 22h00

**Fees:** none

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

**Legal status:** non-profit organization

### IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE

1025 St-Jacques Street, Ville-Marie, Montréal, QC, H3C 1G8

**1 888 242-2100 TTY: 1 888 576-8502**

**Website:** [www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. \* Processing of immigration, asylum and study permit requests. \* Granting of citizenship. \* Issuing of travel documents and passports to Canadians. \* Promotion of multiculturalism. \* Checking an immigration or citizenship application status online: [www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html)

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Canada

**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00

**Financing:** federal

**Legal status:** federal government agency

### INTERLIGNE

Confidential Address

**514 866-0103**

**Website:** [interligne.co/en](http://interligne.co/en)

**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## KONTAK

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4

**438 867-2436**

**Website:** kontak.ca

**Email:** pnpoutreach@accmontreal.org

**Services:** Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. \* Sexual harm reduction and drug use material. \* Support and accompaniment. \* Education, awareness, information sharing and referral. \* Workshops on sexuality and drug use.

**Eligibility:** gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

## LIGNE AÎNÉS VILLE-MARIE

Confidential Address

**514 647-2874**

**Website:** carrefoursteusebe.ca

**Email:** intervenante@carrefoursteusebe.ca

**Services:** Phone line for seniors. \* Information and referrals. \* Identification, evaluation and analysis of needs by a community worker. \* Transmission of available resources at the local level. \* Linkage between seniors and the organization that meets their needs. \* Accompaniment by a community worker if needed. \* Monitoring of services offered and continuous update of information on local resources.

**Eligibility:** people 50 years old and over

**Coverage area:** Ville-Marie

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

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

## LIGNE INFO-AIDANT

400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4

**1 855 852-7784**

**Website:** www.lappui.org/en

**Email:** info-aidant@lappui.org

**Services:** Free, confidential and professional telephone helpline for listening, information and referrals. \* Listening and psychosocial support. \* Information. \* Referral to appropriate services and resources in the various regions of Quebec. \* Training in the form of online programs. \* Directory of online resources.

**Eligibility:** caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 18h00

**Fees:** none

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191** TTY: 514 864-8158**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information**Coverage area:** Province of Quebec**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30**Financing:** provincial**Legal status:** provincial government agency**MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L'ÉTRANGER**

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7

**514 873-6708** Fax: 514 864-4746**Website:** [www.international.gouv.qc.ca/en/general/representation-etranger](http://www.international.gouv.qc.ca/en/general/representation-etranger)**Email:** [renseignements@mri.gouv.qc.ca](mailto:renseignements@mri.gouv.qc.ca)

**Services:** Regroups Quebec's delegations in over ten countries. \* Promotion of Quebec internationally. \* Offers help and information to people wishing to invest, immigrate or study in the province of Québec.

**Coverage area:** Province of Québec**Financing:** provincial**Legal status:** provincial government agency**MONTREAL LGBTQ+ COMMUNITY CENTRE**

2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4

**514 528-8424** Fax: 514 528-9708**Website:** [ccglm.org/en](http://ccglm.org/en)**Email:** [info@cclgbtqplus.org](mailto:info@cclgbtqplus.org)

**Services:** Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. \* Field of intervention: health and social services, leisure, sports, culture and arts. \* Open book library: sexual diversity and gender identity specialized documentation centre. \* Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources. \* Food baskets distribution by Partage & Solidarité. \* Technical and administrative support to organizations and individuals.

**Eligibility:** gay, lesbian, bisexual, trans, queer or questioning community**Coverage area:** Greater Montréal**Hours:** Monday 12h00 to 18h00, Tuesday and Wednesday 14h00 to 18h00, Thursday 14h00 to 20h00**Fees:** membership: \$35 per individual, \$25 per group**Financing:** provincial, federal, donations, self-financing**Legal status:** non-profit organization**ONENTOKON HEALING LODGE - OUTREACH SERVICES OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**450 479-8353****Website:** [www.onentokon.com](http://www.onentokon.com)**Email:** [otsmontrealoutreach@hotmail.com](mailto:otsmontrealoutreach@hotmail.com)



**Services:** Montreal office located in the Native Friendship Centre of Montreal. \* One-to-one counseling. \* Assessments. \* Referrals to detoxification and residential treatment centres. \* After-care counseling. \* Relapse prevention. \* Counseling program for family and friends of those in residential treatment.

**Eligibility:** Native people who are struggling with drug and alcohol addictions and their significant others

**Coverage area:** Province of Québec

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

**Financing:** municipal, federal

**Legal status:** non-profit organization

## QUÉBEC COLLECTIVE KITCHENS ASSOCIATION

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 866 529-3448 Fax:** 514 529-1359

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

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

**Services:** Promotes development, consolidation and concertation of collective kitchens across the province of Québec. \* Accompaniment to members. \* Start-up support and training about economic, political and social realities and other topics concerning members. \* List of collective kitchens in Québec:

[www.rccq.org/en/members](http://www.rccq.org/en/members) \* Liaison newsletters, daily information and documentation centre.

**Eligibility:** groups wanting to start collective kitchens, member groups, general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

## REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8

**1 877 864-9191 TTY:** 1 866 227-5968

**Website:** [www.mifi.gouv.qc.ca/fr/reglementation-consultants](http://www.mifi.gouv.qc.ca/fr/reglementation-consultants)

**Services:** \* Registry of approved immigration consultants in Québec. \* Annual publication of the registry online. \* Processing of applications for recognition and renewal of the title of consultant.

**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

**Coverage area:** Province of Quebec

**Fees:** consultation of the registry: free, recognition of the title: exam and \$1702, renewal of the title: \$1384

**Financing:** provincial

**Legal status:** provincial government agency

## SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## Volunteering and volunteer centres

### ACADEMOS CYBERMENTORAT

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

**514 332-3006 Fax:** 514 370-8967

**Website:** [academos.qc.ca](http://academos.qc.ca)

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

**Services:** Assistance for teens and young adults allowing them to explore trades and find a professional career. \* Virtual mentoring by professionals or students with similar fields of interests. \* Virtual discussion group. \* School dropout prevention. \* Online articles and videos offering advice and inspiration to help with career choice. \* Directory of organizations and schools in order to familiarize with the job market. \* Volunteering possibility through mentoring.

**Eligibility:** people 14 to 30 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

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

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

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### **BÉNÉVOLAT DE COMPÉTENCES**

2330 Notre Dame West Street, Suite 400, Ville-Marie, Montréal, QC, H3G 1W7

**514 842-3351 ext. 234**

**Website:** www.cabm.net

**Email:** benevolatdaffaires@cabm.net

**Services:** Support for non-profit organizations. \* Pairing of business volunteers with non-profit organizations.

**Eligibility:** non-profit organizations with a management or operational need, active or retired entrepreneurs or students in various fields of activity (administration, communication, law, etc.)

**Coverage area:** Greater Montréal

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

**Fees:** organizations: \$50, volunteers: free

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

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax: 514 524-6756**

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \*

Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \*

Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \*

Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental.

\* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### **CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \*

Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

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

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575 Fax:** 514 934-3776

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

**Email:** [ebmmetro@vif.com](mailto:ebmmetro@vif.com)

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**FONDATION DES PARLEMENTAIRES QUÉBÉCOIS, CULTURES À PARTAGER**

535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3

**514 282-1550**

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

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

**Services:** \* Recovery and distribution of used books. \* Volunteering opportunities.

**Coverage area:** Montréal Island, Montérégie, Outaouais, Bas-Saint-Laurent, Saguenay-Lac-Saint-Jean

**Hours:** by appointment

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**FONDATION PALLIAMI**

1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4

**514 413-8777 ext. 127434 Fax:** 514 760-1095

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

**Email:** [lleblond@palliami.org](mailto:lleblond@palliami.org)

**Services:** Notre-Dame Hospital palliative care unit. \* Moral support to patients and their families. \* Bereavement follow-up. \* in-person or virtual support group for bereaved people. \* Volunteers accompaniment. \* Massage therapy. \* Public writer. \* Piano. \* Zootherapy.

**Eligibility:** people with a terminal illness, their families

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Hours:** 7 days, 7h30 to 21h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### MAISON PLEIN COEUR

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** maisonpleincoeur.org/programmes-et-activites

**Email:** info@maisonpleincoeur.org

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### NOTRE DAME DE LA RUE

Confidential Address

**514 777-3009**

**Website:** www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue

**Email:** curedelarue@gmail.com

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### OLD BREWERY MISSION

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 866-6591 ext. 0 Fax:** 514 866-5134

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Group of pavilions offering shelter, housing, clothing and meals. \* Job search assistance. \* Community service opportunity. \* Specialized services for homeless adults. \* Mental health pavilion. \* Job search terminal. \* Recovery of food donations on site. \* Shuttle service for homeless people to services and shelters in cold weather. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Bonhomme à lunettes service point at the Webster Pavilion (915 Clark Street, Montréal).

**Eligibility:** people experiencing homelessness

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

**Financing:** donations

**Legal status:** non-profit organization

## ROBIN DES BOIS

3933 Parc la Fontaine Avenue, Ville-Marie, Montréal, QC, H2L 0C7

**514 288-1010**

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

**Email:** [resto@robindesbois.ca](mailto:resto@robindesbois.ca)

**Services:** Restaurant. \* Volunteering. \* Recruitment and training. \* Day camp. \* Hall for corporate and special events: shows, conferences, birthdays, etc.

**Eligibility:** general public, day camp: children from 9 to 12 years old

**Capacity:** 110 seats

**Coverage area:** Greater Montréal

**Hours:** summer: Wednesday 10h00 to 17h00, Thursday, Friday and Saturday: 10h00 to 22h00, Sunday 10h00 to 17h00, winter: Saturday and Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

## YWCA MONTRÉAL - COMMUNITY SERVICES AND VOLUNTEER ACTION

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 235**

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

**Email:** [benevolat@ydesfemmesmtl.org](mailto:benevolat@ydesfemmesmtl.org)

**Services:** \* Reception, counselling and referral. \* Services for new arrivals: help with integration. \* Programming community activities. \* Tax clinic. \* Opportunities to volunteer at the YWCA. \* Directory of offers available online: [click here](#)

**Eligibility:** general public, especially women

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

**Disability****ADAPTED WORK AND EMPLOYABILITY SUPPORT****ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY****ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY****DEAF AND HEARING IMPAIRED****MOBILITY AIDS****PARATRANSIT****RECREATION AND CAMPS****RESPIRE SERVICES AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

## Adapted work and employability support

### CENTRE DE SOIR DENISE-MASSÉ

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059** Fax: 514 525-9346

**Website:** www.denise-masse.org

**Email:** direction@denise-masse.org

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### ÉTAPE (L')

1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9

**514 526-0887** Fax: 514 527-1028 TTY: 514 526-6126

**Website:** letape.org/en

**Email:** letape@letape.org

**Services:** Job integration and retention services for people living with disabilities.

**Eligibility:** people living with a physical, hearing or intellectual disability, autistic people

**Capacity:** 235 people per year

**Coverage area:** Montréal Island, Laval

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### GROUPE INFORMATION TRAVAIL

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651** Fax: 514 526-1655

**Website:** www.groupeinfotravail.ca

**Email:** git@groupeinfotravail.ca

**Services:** Support for people suffering from social and professional exclusion. \* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization



**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**MÉTA D'ÂME**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000 Fax:** 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Drop-in and peer support centre. \* Accompaniment and support towards the achievement of the goals: steps related to health, social and economic reintegration. \* Transitional housing. \* Social housing with community support. \* Recreational activities and educational workshops. \* Advocacy. \* \* PROFAN 2.0 Program: training on preventing overdoses with Naloxone for users and their relatives. \* Naloxone kits distribution. \* Distribution of fentanyl test strips.

**Eligibility:** people who use or have used opioids

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 13h00 to 16h30

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI**

1259 Berri Street, 7th floor, Ville-Marie, Montréal, QC, H2L 4C7

**514 598-7474 Fax:** 514 598-9194

**Website:** projetmire.com

**Email:** info@projetmire.com

**Services:** Training and job placement program. \* Group workshops. \* Financial assistance. \* Social involvement. \* Basic computer courses. \* Support and follow-up for 2 years. \* Possibility of short-term internships. \* Job support.

**Eligibility:** adults with difficulty integrating or reintegrating the labour market

**Capacity:** 150 people per year

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

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

**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868** Fax: 514 393-9848

**Website:** lesacados.org

**Email:** info@lesacados.org

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless.

\* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

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

**Legal status:** non-profit organization

**SENTIER URBAIN**

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292** Fax: 514 596-7093

**Website:** www.sentierurbain.org

**Email:** info@sentierurbain.org

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

**SERVICES DE PLACEMENT HORIZON-TRAVAIL**

666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7

**514 933-1141 Fax:** 514 933-9359

**Website:** horizon-travail.org/en

**Email:** info@horizon-travail.org

**Services:** Workforce external service. \* Integration in the labour market of visually impaired persons or people living with a mental health problem. \* Support pertaining to job search, job search techniques and socio-professional integration. \* Adaptation of tasks in the work place and job retention. \* Help to obtain grants.

**Eligibility:** people living with a visual disability or a mental health problem

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**YWCA MONTRÉAL - EMPLOYABILITY SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

**Website:** www.ydesfemmesmtl.org/en

**Email:** infoose@ydesfemmesmtl.org

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Advocacy for people with a physical disability****ACTION FEMMES ET HANDICAP**

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

**514 861-6903 Fax:** 514 866-4866

**Website:** afhm.org

**Email:** admin@afhm.org

**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

## ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845** Fax: 514 937-5548

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

**Email:** [curabec@outlook.com](mailto:curabec@outlook.com)

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

## CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

**1 800 465-4622** Fax: 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** [quebec@cnib.ca](mailto:quebec@cnib.ca)

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

## COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

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

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SANS OUBLIER LE SOURIRE**

2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 522-2280 ext. 220**

**Website:** www.sansoublierlesourire.org

**Email:** sansoublierlesourire@hotmail.com

**Services:** Services for adults living with an intellectual disability. \* Day centre. \* Sports activities. \* Pool and walking club. \* Seniors club. \* Awareness. \* Consultation.

**Eligibility:** adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

**Advocacy for people with an intellectual disability****ACTION FEMMES ET HANDICAP**

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

**514 861-6903 Fax: 514 866-4866**

**Website:** afhm.org

**Email:** admin@afhm.org

**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

**ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP**

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845 Fax: 514 937-5548**

**Website:** adpbc.org/en

**Email:** curabec@outlook.com

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.  
**Eligibility:** people coping with inability, protection regimes and public curatorship  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** self-financing  
**Legal status:** non-profit organization

## Deaf and hearing impaired

### ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC

2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8  
**514 844-0803 Fax:** 514 844-6786  
**Website:** [www.orthoquebec.ca](http://www.orthoquebec.ca)  
**Email:** [aoq@fmsq.org](mailto:aoq@fmsq.org)

**Services:** Professional association. \* Advocacy of members' professional, social and economic interests. \* Contribution to the development of orthopedic surgery and traumatology. \* Continued training. \* Directory of orthopedic surgeons: [www.orthoquebec.ca/repertoire](http://www.orthoquebec.ca/repertoire)  
**Coverage area:** Province of Québec  
**Fees:** membership fees  
**Financing:** membership fees  
**Legal status:** non-profit organization

### ÉTAPE (L')

1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9  
**514 526-0887 Fax:** 514 527-1028 **TTY:** 514 526-6126  
**Website:** [letape.org/en](http://letape.org/en)  
**Email:** [letape@letape.org](mailto:letape@letape.org)

**Services:** Job integration and retention services for people living with disabilities.  
**Eligibility:** people living with a physical, hearing or intellectual disability, autistic people  
**Capacity:** 235 people per year  
**Coverage area:** Montréal Island, Laval  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

### ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC

2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9  
**1 800 265-5778 Fax:** 514 844-0478  
**Website:** [www.oeq.org](http://www.oeq.org)  
**Email:** [ergo@oeq.org](mailto:ergo@oeq.org)

**Services:** Professional order. \* Public protection and quality control of the professional services. \* Complaints reception and treatment. \* Regulation of the exercise of the profession, support to skills development. \* Directory of occupational therapists in the private sector: [www.oeq.org/m-informer/trouver-un-ergotherapeute.html](http://www.oeq.org/m-informer/trouver-un-ergotherapeute.html)  
**Eligibility:** general public, occupational therapists  
**Coverage area:** Province of Québec  
**Hours:** offices: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, telephone service: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** membership fees, self-financing  
**Legal status:** non-profit organization

**ORDRE DES ORTHOPHONISTES ET AUDILOGISTES DU QUÉBEC**

630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 232-9123 Fax:** 514 282-9541

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

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

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Information and documentation: hearing, language, voice, speech, communication and their disorders. \* Protection of the public and control of admission to the profession of speech and language therapist and audiologist. \* Support for the maintenance and development of the competence of its members.

**Eligibility:** general public, speech therapists and audiologists

**Coverage area:** Province of Québec

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

**Fees:** speech therapists and audiologists: annual membership

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

**Legal status:** non-profit organization

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## Mobility aids

### CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

**1 800 465-4622 Fax:** 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** [quebec@cnib.ca](mailto:quebec@cnib.ca)

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### FONDATION VARIETY QUÉBEC

1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7

**Website:** [www.variety-quebec.ca](http://www.variety-quebec.ca)

**Email:** [info@variety-quebec.ca](mailto:info@variety-quebec.ca)

**Services:** Support for children in need. \* Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.

**Eligibility:** children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

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

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

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

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



**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## STM COMPANION CARD

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636**

**Website:** [www.stm.info/en/info/universal-accessibility/universal-access](http://www.stm.info/en/info/universal-accessibility/universal-access)

**Services:** \* Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.

**Eligibility:** people living with an intellectual or visual disability's companion

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** free

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

## Paratransit

### SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - INCLUSIVE MOBILITY

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636**

**Website:** [www.stm.info/en/info/universal-accessibility/inclusive-mobility](http://www.stm.info/en/info/universal-accessibility/inclusive-mobility)

**Email:** [mobi@stm.info](mailto:mobi@stm.info)

**Services:** Public transit learning program for people with functional motor and intellectual limitations. \* Theoretical training in group. \* Practical training and individual coaching. \* Informative leaflets for public transit use available online.

**Eligibility:** people with functional motor or intellectual limitations, autistic people, people with speech and language disorders, people admitted to paratransit or using the regular network

**Capacity:** 150 people

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** none

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## Recreation and camps

### ARTHRITIS SOCIETY CANADA - QUEBEC REGION

3 Place Ville-Marie, Suite 400, Ville-Marie, Montréal, QC, H3B 2E3

**1 800 321-1433 Fax:** 514 846-8999

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

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

**Services:** \* Arthritis connections: self-help, information and support program. \* Arthritis talks: webinars and conferences. \* Arthritis information line: follow-up on information and support requests by phone and email. \* Digital and educational resources. \* E-Newsletter. \* Publications and information kits. \* Summer camp for kids with arthritis.

**Eligibility:** people of all ages living with arthritis, summer camp: children 8 to 16 years old

**Coverage area:** Province of Québec

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

**Fees:** information line: free

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

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

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE RADISSON**

1550 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J5

**514 252-1671**

**Website:** [centreradisson.com](http://centreradisson.com)

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

**Services:** Development of citizen involvement of people living with one or multiple physical disabilities. \* Educational, social, cultural and recreational activities. \* Support of people in the discovery and the development of their abilities. \* Youth division 18 to 35 years old: networking of youth living with physical limitations. \* Various classes. \* Computers workshops.

**Eligibility:** adults and young adults living with a physical disability

**Capacity:** 225 members

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 20h00

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

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization

### **CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax:** 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### **FONDATION PAPILLON**

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

**1 877 937-6171**

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

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

**Services:** Papillon Respites welcome individuals with disabilities aged 3 and over for a weekend stay, to give their loved ones a much-needed rest. Adapted summer camps \* Papillon camp: camp located in Saint-Alphonse-Rodriguez for children, teenagers and adults with all types of disabilities in North America. \* Grandpré Camp: Otterburn Park camp specializing in groups of young people with intellectual disabilities and autism spectrum disorders. Day center for adults \* Papillon Day Center: weekday camp for adults aged 21 and over following the end of their school career. Inclusive daycare \* Papillon daycare: inclusive living environment for children aged 3 months to 5 years, from different origins and social backgrounds. Occupation therapy and stimulation \* Papillon Occupational Therapy and Stimulation Clinic: accompaniment for children aged 0 to 12 years living with a physical and/or intellectual disability or with an autism spectrum disorder. Urban day Camp \* Papillon Day Camp: urban summer camp for young people aged 4 to 25 with disabilities or autism spectrum disorders.

**Eligibility:** people living with a physical or intellectual disability or an autism spectrum disorder, Papillon daycare: children aged 3 months to 5 years old, living with or without a physical or intellectual disability or an autism spectrum disorder, day centre: adults aged 21 years old and over

**Coverage area:** Province of Québec

**Hours:** variable, consult the service schedule on the website

**Fees:** variable, possibility of financial aid

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

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

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

## GRUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

514 523-0979 Fax: 514 523-3075

Website: geipsi.ca

Email: info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

## HELPING HAND FOR BURN SURVIVORS

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

514 527-7555

Website: www.entraidegb.org

Email: dg@entraidegb.org

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## HUNTINGTON SOCIETY OF QUÉBEC

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

1 877 282-2444

Website: www.huntingtonqc.org

Email: shq@huntingtonqc.org

**Services:** \* Weekly workshops on sensorimotor stimulation for people living with the disease. \* Listening, support and referrals. \* Online documentation. \* Open support group for caregivers and families. \* Public awareness. \* Family accompaniment and training. \* Conference day. \* Summer camp for people living with the disease. \* Healing stay for caregivers.

**Eligibility:** adults and teenagers with Huntington disease, their caregivers, their family, the health professionals who work with them

**Coverage area:** Province of Québec

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

**Fees:** none

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

**Legal status:** non-profit organization

**MAISON PLEIN COEUR**

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554** Fax: 514 597-2788

**Website:** maisonpleincoeur.org/programmes-et-activites

**Email:** info@maisonpleincoeur.org

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

**MONTREAL - CITY - ACCÈS MONTREAL CARD**

Confidential Address

**311**

**Website:** montreal.ca/en/programs/acces-montreal-card

**Email:** cam@montreal.ca

**Services:** Privilege program for residents and property owners of Montréal. \* Internal and external partnerships giving access to various discounts: sporting and outdoor activities, day camps, businesses, movie theatres, museums, shows and festivals, theatres, recreation, excursions, guided tours and cruises, scientific activities, courses, maintenance and renovation, personal well-being. \* List of benefits and partnerships online and selling points. \* Online subscription: [click here](#)

**Eligibility:** residents, property owners

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** 7 to \$9 per year depending on the number of cards, replacement: free

**Financing:** municipal

**Legal status:** municipal agency

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTREAL SECTION**

1981 McGill College Avenue, Suite 200, Ville-Marie, Montréal, QC, H3A 2Y1

**514 225-9575**

**Website:** mscanada.ca/ms-canada-montreal

**Email:** info.montreal@spscanada.ca

**Services:** \* Information on the different aspects of the illness. \* Educational and training sessions for health professionals and volunteers. \* Referral to services that can improve living conditions. \* Support in the assertion of rights. \* Promotion and funding of research. \* Phone listening service. \* Support groups. \* Leisure activities.

**Eligibility:** patients with multiple sclerosis, their families, friends with multiple sclerosis

**Coverage area:** Montréal Island

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

**Fees:** activities: free or at low cost

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**ORCHESTRE SYMPHONIQUE DE MONTRÉAL**

1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1

**514 842-9951 Fax: 514 842-0728**

**Website:** www.osm.ca/en/home-osm

**Services:** Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. \* Concerts and musical events. \* Development of classical and symphonic music.

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, ticket office: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, closed on Sundays and public holidays

**Fees:** variable

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**SANS OUBLIER LE SOURIRE**

2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 522-2280 ext. 220**

**Website:** www.sansoublierlesourire.org

**Email:** sansoublierlesourire@hotmail.com

**Services:** Services for adults living with an intellectual disability. \* Day centre. \* Sports activities. \* Pool and walking club. \* Seniors club. \* Awareness. \* Consultation.

**Eligibility:** adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

**STM COMPANION CARD**

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636**

**Website:** www.stm.info/en/info/universal-accessibility/universal-access

**Services:** \* Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.

**Eligibility:** people living with an intellectual or visual disability's companion

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** free

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

## Respite services and housing

### FONDATION PAPILLON

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5  
**1 877 937-6171**

**Website:** [fondationpapillon.ca/en](http://fondationpapillon.ca/en)  
**Email:** [info@fondationpapillon.ca](mailto:info@fondationpapillon.ca)

**Services:** Papillon Respites welcome individuals with disabilities aged 3 and over for a weekend stay, to give their loved ones a much-needed rest. Adapted summer camps \* Papillon camp: camp located in Saint-Alphonse-Rodriguez for children, teenagers and adults with all types of disabilities in North America. \* Grandpré Camp: Otterburn Park camp specializing in groups of young people with intellectual disabilities and autism spectrum disorders. Day center for adults \* Papillon Day Center: weekday camp for adults aged 21 and over following the end of their school career. Inclusive daycare \* Papillon daycare: inclusive living environment for children aged 3 months to 5 years, from different origins and social backgrounds. Occupation therapy and stimulation \* Papillon Occupational Therapy and Stimulation Clinic: accompaniment for children aged 0 to 12 years living with a physical and/or intellectual disability or with an autism spectrum disorder. Urban day Camp \* Papillon Day Camp: urban summer camp for young people aged 4 to 25 with disabilities or autism spectrum disorders.

**Eligibility:** people living with a physical or intellectual disability or an autism spectrum disorder, Papillon daycare: children aged 3 months to 5 years old, living with or without a physical or intellectual disability or an autism spectrum disorder, day centre: adults aged 21 years old and over

**Coverage area:** Province of Québec

**Hours:** variable, consult the service schedule on the website

**Fees:** variable, possibility of financial aid

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### SANS OUBLIER LE SOURIRE

2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7  
**514 522-2280 ext. 220**

**Website:** [www.sansoublierlesourire.org](http://www.sansoublierlesourire.org)  
**Email:** [sansoublierlesourire@hotmail.com](mailto:sansoublierlesourire@hotmail.com)

**Services:** Services for adults living with an intellectual disability. \* Day centre. \* Sports activities. \* Pool and walking club. \* Seniors club. \* Awareness. \* Consultation.

**Eligibility:** adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

## Support Associations

### ACTION FEMMES ET HANDICAP

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3  
**514 861-6903 Fax: 514 866-4866**

**Website:** [afhm.org](http://afhm.org)  
**Email:** [admin@afhm.org](mailto:admin@afhm.org)



**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **ACTION RÉFUGIÉS MONTRÉAL**

1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6

**514 935-7799 Fax:** 514 935-9848

**Website:** actionr.org

**Email:** info@actionr.org

**Services:** Reception, education and advocacy for refugees. \* Information and support. \* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. \* Pairing between refugee women and Montréal women for intercultural bonding. \* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

**Eligibility:** asylum seekers and refugees, potential sponsors

**Capacity:** 140 persons per year

**Coverage area:** sponsoring: Greater Montréal

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

**Fees:** none

**Financing:** donations, foundations

**Legal status:** non-profit organization

### **AIDE AUX TRANS DU QUÉBEC**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** aideauxtrans.com/fr

**Email:** info@aideauxtrans.com

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### **AIDS COMMUNITY CARE MONTREAL**

2075 Plessis Street, basement, Ville-Marie, Montréal, QC, H2L 2Y4

**514 527-0928 Fax:** 514 527-0701

**Website:** accmontreal.org

**Email:** info@accmontreal.org

**Services:** Resource centre for people living with HIV-AIDS or hepatitis C. Support \* Case management: guidance and referral. \* Support groups led by a member and a counsellor. \* Thematic groups led by counsellors on serostatus disclosure and testimonies. Material assistance \* Safe sex materials. \* Food and dietary supplements buyers club, information on nutrition and treatments. Education \* Information on treatments. \* Education and prevention. \* Training and conferences on the medical and psychosocial aspects of HIV and hepatitis C. \* Educational workshops for schools, groups and community centres. \* Sex education toolkit for teachers. \* Naloxone kits distribution. \* Interventions in festive environments.

**Eligibility:** people of all ages living with HIV or hepatitis C, their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 11h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

### AMICALE DES DIABÉTIQUES DU CHUM

1000 Saint-Denis Street, Pavillon B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

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

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

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

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

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### ARTHRITIS SOCIETY CANADA - QUEBEC REGION

3 Place Ville-Marie, Suite 400, Ville-Marie, Montréal, QC, H3B 2E3

**1 800 321-1433 Fax: 514 846-8999**

**Website:** arthritis.ca

**Email:** info@arthritis.ca

**Services:** \* Arthritis connections: self-help, information and support program. \* Arthritis talks: webinars and conferences. \* Arthritis information line: follow-up on information and support requests by phone and email. \* Digital and educational resources. \* E-Newsletter. \* Publications and information kits. \* Summer camp for kids with arthritis.

**Eligibility:** people of all ages living with arthritis, summer camp: children 8 to 16 years old

**Coverage area:** Province of Québec

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

**Fees:** information line: free

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1B4

**514 350-5101**

**Website:** www.allerg.qc.ca

**Email:** aaiq@fmsq.org

**Services:** \* Pollen forecasts on Météo Média: click here \* Information on respiratory, food, skin, systemic and immunodeficiency allergies. \* Online directory of allergists. \* Representation of members.

**Eligibility:** allergists and immunologists, online service: general public

**Coverage area:** Province of Québec

**Financing:** contributions

**Legal status:** non-profit organization

### **CARREFOUR DE RESSOURCES EN INTERCULTUREL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** criccentresud.org

**Email:** info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

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

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

### **CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C**

Confidential Address

**1 866 522-0444**

**Website:** www.capahc.com/en

**Email:** info@capahc.com

**Services:** \* Hotline with active listening and information on HIV, Hepatitis B and C and co-infection. \* Publication of brochures. \* Training, education, symposium. \* Concertation committees.

**Eligibility:** infected or co-infected people with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

**Coverage area:** Province of Québec

**Hours:** hotline: 24 hours / 7 days, chat: 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

### **CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

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

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

## **CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM**

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253 Fax:** 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## **CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000**

**Website:** [chumontreal.qc.ca](http://chumontreal.qc.ca)

**Services:** University hospital centre offering general, specialized and superspecialized cares. \* Emergency and general medicine. \* Tests centre. \* Gynecological clinics: birth clinic, high-risk pregnancy, fertility and assisted procreation, urology, pregnancy interruption, menopause, familial planification and general gynecology. \* Cancer centre. \* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up. \* Pain clinic. \* Sleep clinic. \* CHUM Patient Health Line.

**Coverage area:** Province of Québec

**Hours:** CHUM Patient Health Line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## **CLINIQUE D'INFECTIOLOGIE VIRALE CHRONIQUE**

1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000**

**Website:** [www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique](http://www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique)

**Services:** Medical follow-up for people with HIV. \* Nurses, psychologists and social workers. \* HIV testing.

**Eligibility:** people living with HIV

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DE LA VISITATION

1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3

**514 527-2361**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Nurse consultation. \* Contraception. \* Prenatal classes. \* Screening. \* Recovery of used needles and syringes. \* SIDEPE - Integrated STI screening and prevention service. \* Blood sugar testing. \* General vaccination. \* Flu vaccination.

**Eligibility:** SIDEPE+: men who have sexual relations with men

**Coverage area:** Ville-Marie, SIDEPE +: Province of Québec

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

**1 800 465-4622 Fax:** 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** [quebec@cnib.ca](mailto:quebec@cnib.ca)

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** [cspeuqam.com](http://cspeuqam.com)

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

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \* Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Suite 12.12, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 532-2822**

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

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8

**1 866 532-2822**

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

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**DANS LA RUE - CHEZ POPS**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

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

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

### EN MARGE 12-17 - VOLET PARENT

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [parents@enmarge1217.ca](mailto:parents@enmarge1217.ca)

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

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

**Legal status:** non-profit organization

### ENTRAIDE BÉNÉVOLE MÉTRO

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575 Fax:** 514 934-3776

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

**Email:** [ebmmetro@vif.com](mailto:ebmmetro@vif.com)

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

### FEDERATION OF QUEBEC ALZHEIMER SOCIETIES

460 Sainte-Catherine Street West, Suite 507, Ville-Marie, Montréal, QC, H3B 1A7

**1 844 320-9722**

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

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

**Services:** \* Advocacy and awareness. \* Public information and training of health care professionals. \* Support, counselling workshops, follow-up. \* Housing support. \* Respite and stimulation. \* First Link: help by phone. \* Provincial research funds.

**Eligibility:** people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** membership fees, donations, grants  
**Legal status:** non-profit organization

### FONDATION PALLIAMI

1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4  
**514 413-8777 ext. 127434 Fax:** 514 760-1095  
**Website:** palliami.org  
**Email:** lleblond@palliami.org

**Services:** Notre-Dame Hospital palliative care unit. \* Moral support to patients and their families. \* Bereavement follow-up. \* in-person or virtual support group for bereaved people. \* Volunteers accompaniment. \* Massage therapy. \* Public writer. \* Piano. \* Zootherapy.

**Eligibility:** people with a terminal illness, their families

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Hours:** 7 days, 7h30 to 21h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1  
**514 890-8000 ext. 28139 Fax:** 514 412-7513  
**Website:** www.viragecancer.org  
**Email:** fondationvirage@gmail.com

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5  
**514 523-0979 Fax:** 514 523-3075  
**Website:** geipsi.ca  
**Email:** info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization



**GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM**

1051 Sanguinet Street, Suite D01-3002, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000 ext. 24619**

**Website:** soutienprostatechum.org

**Email:** pasqualepalumbo@videotron.ca

**Services:** Support for people living with prostate cancer. \* Phone support. \* Moral support for people living with the disease and their families. \* Personalized support by trained volunteers who have had the same experience. \* Conferences, monthly information and discussion workshop, led by a specialist doctor and followed by a discussion between participants.

**Eligibility:** people with prostate cancer, their relatives, their caregivers, patients from any hospitals are accepted

**Capacity:** 15 participants per workshop

**Coverage area:** Greater Montréal

**Hours:** support group: messages checked by voice mail or e-mail, every day

**Fees:** none

**Financing:** donations

**Legal status:** parapublic organization

**HEART AND STROKE FOUNDATION**

630 Sherbrooke Street West, Suite 200, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 473-4636**

**Website:** www.heartandstroke.ca

**Services:** Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy. \* Online directory.

**Coverage area:** Canada

**Financing:** donations

**Legal status:** non-profit organization

**HELPING HAND FOR BURN SURVIVORS**

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 527-7555**

**Website:** www.entraidegb.org

**Email:** dg@entraidegb.org

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**HUNTINGTON SOCIETY OF QUÉBEC**

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

**1 877 282-2444**

**Website:** www.huntingtonqc.org

**Email:** shq@huntingtonqc.org

**Services:** \* Weekly workshops on sensorimotor stimulation for people living with the disease. \* Listening, support and referrals. \* Online documentation. \* Open support group for caregivers and families. \* Public awareness. \* Family accompaniment and training. \* Conference day. \* Summer camp for people living with the disease. \* Healing stay for caregivers.

**Eligibility:** adults and teenagers with Huntington disease, their caregivers, their family, the health professionals who work with them

**Coverage area:** Province of Québec

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

**Fees:** none

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

**Legal status:** non-profit organization

### MAISON DES FAMILLES DU CENTRE-SUD (LA)

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### MAISON PLEIN COEUR

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554** Fax: 514 597-2788

**Website:** [maisonpleincoeur.org/programmes-et-activites](http://maisonpleincoeur.org/programmes-et-activites)

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

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

**MCGILL REPRODUCTIVE CENTRE (THE)**

888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8

**514 843-1650**

**Website:** [muhc.ca/reproductivecentre](http://muhc.ca/reproductivecentre)

**Email:** [fertility@muhc.mcgill.ca](mailto:fertility@muhc.mcgill.ca)

**Services:** Medical treatment for infertility. \* In vitro and basic fertility treatment. \* Fertility preservation. \* Specialized treatments. \* Counselling and support. \* Evaluation and treatment of male fertility. \* Reproductive assistance with donor donation.

**Eligibility:** people living with fertility issues

**Coverage area:** Montréal Island

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

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

**MONTREAL ADD/ADHD SUPPORT GROUP (THE)**

Confidential Address

**514 445-7639**

**Email:** [mproustienne@yahoo.ca](mailto:mproustienne@yahoo.ca)

**Services:** \* Support group on ADD and ADHD.

**Eligibility:** people 18 years old and over living with ADD or ADHD

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** every other Wednesday evening

**Fees:** none

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS CANADA - QUÉBEC DIVISION**

1981 McGill College Avenue, 2nd Floor, Office 200, Locker 135, Ville-Marie, Montréal, QC, H3A 2Y1

**1 800 268-7582 Fax:** 514 849-8914

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

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

**Services:** \* Information and education concerning the different aspects of multiple sclerosis. \* Referral to services that can improve living conditions. \* Advocacy support. \* Promotion and medical research funding. \* Creation of local sections in most regions of Québec. \* Phone listening. \* Leisure activities. \* Educational and training sessions for health professionals and volunteers.

**Eligibility:** people with multiple sclerosis, their family, caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, support and information: Monday to Friday 8h00 to 20h00

**Fees:** variable

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTRÉAL SECTION**

1981 McGill College Avenue, Suite 200, Ville-Marie, Montréal, QC, H3A 2Y1

**514 225-9575**

**Website:** [mscanada.ca/ms-canada-montreal](http://mscanada.ca/ms-canada-montreal)

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

**Services:** \* Information on the different aspects of the illness. \* Educational and training sessions for health professionals and volunteers. \* Referral to services that can improve living conditions. \* Support in the assertion of rights. \* Promotion and funding of research. \* Phone listening service. \* Support groups. \* Leisure activities.

**Eligibility:** patients with multiple sclerosis, their families, friends with multiple sclerosis

**Coverage area:** Montréal Island

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

**Fees:** activities: free or at low cost

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

### **MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **NEURO-PATIENT RESOURCE CENTRE**

3801 University Street, Suite 354, Ville-Marie, Montréal, QC, H3A 2B4

**514 398-5358 Fax:** 514 398-5275

**Website:** www.mcgill.ca/infoneuro

**Email:** infoneuro@muhc.mcgill.ca

**Services:** \* Specialized library, loan and on-site consultation. \* Research assistance and referral, on site or by phone. \* Online database. \* Publication of informative documents.

**Eligibility:** people 18 years old and over patients treated for neurological disorders, their family and caregivers

**Capacity:** 4

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **PARKINSON MONTREAL-LAVAL**

560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6

**514 868-0597 Fax:** 514 861-4510

**Website:** parkinsonmontreallaval.ca/en

**Email:** montreal-laval@parkinsonquebec.ca

**Services:** \* Referral and information line. \* Meeting for people recently diagnosed and their families. \* Support group for people living with Parkinson's. \* Support group for caregivers. \* Counselling for caregivers. \* Referrals for adapted exercises: singing, dancing, boxing, walking, yoga, stretching, etc. \* Tandem: pairing for diagnosed people. \* Virtual and in-person conferences.

**Eligibility:** people living with Parkinson's disease, their caregivers

**Capacity:** according to activity

**Coverage area:** Montréal Island, Laval

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

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**PARKINSON QUÉBEC**

560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6

**1 800 720-1307**

**Website:** parkinsonquebec.ca/en

**Email:** info@parkinsonquebec.ca

**Services:** Information, support and referral telephone line for people living with Parkinson's disease and their caregivers. \* Virtual support and exercise groups. \* Information and awareness about the disease. \* Funding and promotion of research.

**Eligibility:** people living with Parkinson's disease and their family, caregivers, health care professionals

**Coverage area:** Canada

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

**Financing:** donations, fundraising campaigns, federal, provincial

**Legal status:** non-profit organization

**PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE**

2402 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

**514 759-7276 Fax: 514 759-7277**

**Email:** pasm.montreal@gmail.com

**Services:** Organization composed of peer support workers who accompany people in the process of recovery. \* Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). \* Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. \* Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. \* Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. \* Referrals to other resources when necessary.

**Eligibility:** people 18 years old and over living with a mental health problem or emotional suffering

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h30

**Fees:** none

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

**Legal status:** non-profit organization

**QUEBEC CANCER FOUNDATION**

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063 Fax: 514 527-1943**

**Website:** cancerquebec.ca/en

**Email:** cancerquebec.mtl@fqc.qc.ca

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX**

2075 Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063**

**Website:** www.cancer15-39.com

**Email:** cancer15-39@fqc.qc.ca

**Services:** Website for teenagers and young adults with cancer and their loved ones: www.cancer15-39.com \* Information about the disease. \* List of services and resources available across the province. \* Tools and practical tips for young people and their loved ones.

**Eligibility:** youth 15 to 39 years old and living with the cancer, their relatives

**Coverage area:** Province of Québec

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

**Fees:** none or minimal fees

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**WAR AMPS (THE)**

606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 250-3030 Fax:** 1 877 600-6212

**Website:** www.waramps.ca

**Email:** customerservice@waramps.ca

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Support and integration organizations

### ACTION FEMMES ET HANDICAP

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

**514 861-6903** Fax: 514 866-4866

**Website:** afhm.org

**Email:** admin@afhm.org

**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253** Fax: 514 987-6746

**Website:** psychologie.uqam.ca/centre-de-services-psychologiques-csp

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## The Blind

### BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ

475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4

**1 866 410-0844**

**Website:** sqa.banq.qc.ca

**Email:** sqa@banq.qc.ca

**Services:** \* Adapted books loan service: braille books, audio books, digital documents and cross-media works. \* Computer workstations on site. \* Sending books by mail upon request.

**Eligibility:** people living with a visual impairment

**Coverage area:** Province of Québec

**Hours:** Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)**

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

**1 800 465-4622 Fax:** 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** [quebec@cnib.ca](mailto:quebec@cnib.ca)

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICES DE PLACEMENT HORIZON-TRAVAIL**

666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7

**514 933-1141 Fax:** 514 933-9359

**Website:** [horizon-travail.org/en](http://horizon-travail.org/en)

**Email:** [info@horizon-travail.org](mailto:info@horizon-travail.org)



**Services:** Workforce external service. \* Integration in the labour market of visually impaired persons or people living with a mental health problem. \* Support pertaining to job search, job search techniques and socio-professional integration. \* Adaptation of tasks in the work place and job retention. \* Help to obtain grants.

**Eligibility:** people living with a visual disability or a mental health problem

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Therapy and rehabilitation centres

### ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC

2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 844-0803 Fax:** 514 844-6786

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

**Email:** [aoq@fmsq.org](mailto:aoq@fmsq.org)

**Services:** Professional association. \* Advocacy of members' professional, social and economic interests. \* Contribution to the development of orthopedic surgery and traumatology. \* Continued training. \* Directory of orthopedic surgeons: [www.orthoquebec.ca/repertoire](http://www.orthoquebec.ca/repertoire)

**Coverage area:** Province of Québec

**Fees:** membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

### CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

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

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

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

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

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## HUNTINGTON SOCIETY OF QUÉBEC

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

**1 877 282-2444**

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

**Email:** [shq@huntingtonqc.org](mailto:shq@huntingtonqc.org)

**Services:** \* Weekly workshops on sensorimotor stimulation for people living with the disease. \* Listening, support and referrals. \* Online documentation. \* Open support group for caregivers and families. \* Public awareness. \* Family accompaniment and training. \* Conference day. \* Summer camp for people living with the disease. \* Healing stay for caregivers.

**Eligibility:** adults and teenagers with Huntington disease, their caregivers, their family, the health professionals who work with them

**Coverage area:** Province of Québec

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

**Fees:** none

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

**Legal status:** non-profit organization

## ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC

2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9

**1 800 265-5778 Fax:** 514 844-0478

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

**Email:** [ergo@oeq.org](mailto:ergo@oeq.org)

**Services:** Professional order. \* Public protection and quality control of the professional services. \* Complaints reception and treatment. \* Regulation of the exercise of the profession, support to skills development. \*

Directory of occupational therapists in the private sector: [www.oeq.org/m-informer/trouver-un-ergotherapeute.html](http://www.oeq.org/m-informer/trouver-un-ergotherapeute.html)

**Eligibility:** general public, occupational therapists

**Coverage area:** Province of Québec

**Hours:** offices: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, telephone service: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

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

**Legal status:** non-profit organization

## ORDRE DES ORTHOPHONISTES ET AUDILOGISTES DU QUÉBEC

630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 232-9123 Fax:** 514 282-9541

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

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

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Information and documentation: hearing, language, voice, speech, communication and their disorders. \* Protection of the public and control of admission to the profession of speech and language therapist and audiologist. \* Support for the maintenance and development of the competence of its members.

**Eligibility:** general public, speech therapists and audiologists

**Coverage area:** Province of Québec

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

**Fees:** speech therapists and audiologists: annual membership

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

**Legal status:** non-profit organization

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

## Academic and vocational guidance

### ACADEMOS CYBERMENTORAT

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

**514 332-3006** Fax: 514 370-8967

**Website:** [academos.qc.ca](http://academos.qc.ca)

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

**Services:** Assistance for teens and young adults allowing them to explore trades and find a professional career.

\* Virtual mentoring by professionals or students with similar fields of interests. \* Virtual discussion group. \*

School dropout prevention. \* Online articles and videos offering advice and inspiration to help with career choice. \* Directory of organizations and schools in order to familiarize with the job market. \* Volunteering possibility through mentoring.

**Eligibility:** people 14 to 30 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE

550 Sherbrooke Street West, 17th floor, Suite 1770, West Tower, Ville-Marie, Montréal, QC, H3A 1B9

**514 286-9595** Fax: 514 286-0406

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

**Email:** [cremcv@cremcv.com](mailto:cremcv@cremcv.com)

**Services:** Job searching club. \* Vocational guidance. \* Cross workshops for job search. \* Specialized workshops for new immigrants. \* Assistance with resume writing and interview simulations. \* Career transition program for health professionals who graduated outside of Canada and the United States.

**Eligibility:** people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice

**Coverage area:** Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

### **SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### **UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE CARRIÈRE**

1205 Saint-Denis Street, Suite N-R605, Ville-Marie, Montréal, QC, H2X 3R9

**Website:** [cliniquecarriere.uqam.ca/](http://cliniquecarriere.uqam.ca/)

**Email:** [clinique.carriere@uqam.ca](mailto:clinique.carriere@uqam.ca)

**Services:** School and career guidance and informations services, offered in person or remotely.\* Help with training and career choices. \* Professional development: skills assessment, identification of career aspirations, strategy development, etc. \* Help to find a balance at work: help to reintegrate a job, support for well-being at work, change of professional environment, etc.

**Eligibility:** general public, students

**Coverage area:** Province of Québec

**Fees:** general public: \$50 for a session of 60 to 75 minute, \$25 for a session of 30 minute

**Legal status:** parapublic organization

### **YES EMPLOYMENT AND ENTREPRENEURSHIP**

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788 Fax:** 514 878-9950

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

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

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - EMPLOYABILITY SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

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

**Email:** [infoose@ydesfemmesmtl.org](mailto:infoose@ydesfemmesmtl.org)

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **Associations and Federations**

### **COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** [cspeuqam.com](http://cspeuqam.com)

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

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \*

Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS**

3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4

**514 483-6111 Fax:** 514 483-0865

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

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

**Services:** Group of independent English-speaking elementary and secondary schools. \* Promotion of education. \* Networking for teachers. \* Professional development workshops. \* List of private schools: [www.qais.qc.ca/our-schools/directory](http://www.qais.qc.ca/our-schools/directory)

**Eligibility:** independent schools

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

## Computer workshops

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

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

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

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### ATELIER DES LETTRES EN ALPHABÉTISATION

1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7

**514 524-0507 Fax:** 514 524-0222

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

**Email:** [latelierdeslettres@outlook.com](mailto:latelierdeslettres@outlook.com)

**Services:** \* Reading, writing, calculation and computers workshops. \* Activities and projects. \* Public speaking. \* Newsletter from participants. \* Meetings. \* Community life: parties, community luncheons, collective kitchen, art workshops, outings.

**Eligibility:** person 18 years old and older

**Capacity:** 14

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439 Fax:** 514 521-5763

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

**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

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

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** carrefoursteusebe.ca

**Email:** direction@carrefoursteusebe.com

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE RADISSON**

1550 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J5

**514 252-1671**

**Website:** centreradisson.com

**Email:** info@centreradisson.com

**Services:** Development of citizen involvement of people living with one or multiple physical disabilities. \* Educational, social, cultural and recreational activities. \* Support of people in the discovery and the development of their abilities. \* Youth division 18 to 35 years old: networking of youth living with physical limitations. \* Various classes. \* Computers workshops.

**Eligibility:** adults and young adults living with a physical disability

**Capacity:** 225 members

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 20h00

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

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization



**CYBERCAP**

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700** Fax: 514 861-7700

**Website:** www.cybercap.qc.ca

**Email:** info@cybercap.qc.ca

**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575** Fax: 514 934-3776

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**THE REFUGEE CENTRE**

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** www.therefugeecentre.org

**Email:** info@therefugeecentre.org

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: www.allocanada.org/home

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement  
**Legal status:** non-profit organization

## Difficulties and learning disabilities

### ACADEMOS CYBERMENTORAT

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

**514 332-3006 Fax:** 514 370-8967

**Website:** academos.qc.ca

**Email:** info@academos.qc.ca

**Services:** Assistance for teens and young adults allowing them to explore trades and find a professional career.

\* Virtual mentoring by professionals or students with similar fields of interests. \* Virtual discussion group. \*

School dropout prevention. \* Online articles and videos offering advice and inspiration to help with career

choice. \* Directory of organizations and schools in order to familiarize with the job market. \* Volunteering

possibility through mentoring.

**Eligibility:** people 14 to 30 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### ALLOPROF

Confidential Address

**514 527-3726**

**Website:** www.alloprof.qc.ca

**Services:** Free, professional and stimulating homework help services. \* Tutoring and schoolwork assistance by

phone, text and chat. \* Online tools : concept sheets, videos, games, exercises and practical tools. \* Help Zone

: a collaborative space which allows students to ask or answer school-related questions, available seven days a

week, and moderated by a team of professionals. \* Alloprof Parents : offers blog posts, articles and videos

online, as well as a personalized service for parents to help them support their children throughout their

academic journey. \* Alloprof Enseignants: offers teaching resources and activities.

**Eligibility:** primary and high schools students, back to school adults, parents, special attention to students with

learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

**Capacity:** unlimited

**Coverage area:** Province of Québec

**Hours:** telephone, text and chat services: Monday to Thursday 17h00 to 20h00 and Sunday 14h00 to 17h00,

self-help zone and website: 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CENTRE DE SERVICES ORTHOPÉDAGOGIQUES DE L'UQAM

1205 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 3R9

**514 987-3000 ext. 5338**

**Website:** education.uqam.ca/services/autres-services/cso/

**Email:** cso@uqam.ca

**Services:** Centre for orthopedagogical services, offered by students enrolled in the special education bachelor's degree program and supervised by teachers. \* Assessment of the person's abilities and needs. \*

Orthopedagogical intervention plan, interventions, progress monitoring. \* Support for parents and the

educational community. \* Appointment form: <https://education.uqam.ca/services/autres-services/cso/#RDV>

**Eligibility:** children, teenagers, adults

**Coverage area:** Greater Montréal

**Hours:** September to April

**Fees:** students: \$30, general public: \$60

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM**

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253 Fax:** 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## **Homework assistance and tutoring**

### **ALLOPROF**

Confidential Address

**514 527-3726**

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

**Services:** Free, professional and stimulating homework help services. \* Tutoring and schoolwork assistance by phone, text and chat. \* Online tools : concept sheets, videos, games, exercises and practical tools. \* Help Zone : a collaborative space which allows students to ask or answer school-related questions, available seven days a week, and moderated by a team of professionals. \* Alloprof Parents : offers blog posts, articles and videos online, as well as a personalized service for parents to help them support their children throughout their academic journey. \* Alloprof Enseignants: offers teaching resources and activities.

**Eligibility:** primary and high schools students, back to school adults, parents, special attention to students with learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

**Capacity:** unlimited

**Coverage area:** Province of Québec

**Hours:** telephone, text and chat services: Monday to Thursday 17h00 to 20h00 and Sunday 14h00 to 17h00, self-help zone and website: 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### **ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

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

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

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

**Legal status:** non-profit organization

## CENTRE RÉCRÉATIF POUPART

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** [crpoupart.qc.ca](http://crpoupart.qc.ca)

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

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

## ÉCOLE DES GRANDS

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1

**514 829-3135**

**Website:** [schoolofthegreats.com](http://schoolofthegreats.com)

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

**Services:** Homework assistance and science awakening extracurricular program offered by college students for primary school students from underprivileged areas. \* Mentoring. \* School transport and breakfasts for students.

**Eligibility:** students from primary schools who have an academic average between 50% and 70%, college students from varied educational profiles, primary school (primarily situated at the 10th, 9th or 8th decile rank of the MEES' socioeconomic index)

**Coverage area:** Province of Québec, Ontario

**Hours:** administration: Monday to Saturday 9h00 to 17h00, program: Saturday 9h00 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

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

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

### RELANCE JEUNES ET FAMILLES (LA)

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

### THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

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

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

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## Language courses

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

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

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

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

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

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

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

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

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626** Fax: 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

**CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

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

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

**CENTRE LARTIGUE**

2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5

**514 596-4433**

**Website:** centre-lartigue.cssdm.gouv.qc.ca/english

**Email:** c-lartigue@csgdm.qc.ca

**Services:** Francization classes: full-time, part-time or at distance.

**Eligibility:** immigrant adults

**Capacity:** 585 students

**Coverage area:** Greater Montréal

**Hours:** Monday, Thursday and Friday 8h30 to 16h30, Tuesday and Wednesday 8h30 to 19h00

**Financing:** provincial

**Legal status:** non-profit organization

**CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS**

1259 Berri Street, Suite 900, Ville-Marie, Montréal, QC, H2L 4C7

**514 987-1759**

**Website:** www.citim.org

**Email:** accueil@citim.org

**Services:** Settlement and job search services. \* Pre-departure: pre-arrival services, assistance and information to facilitate integration. \* First steps to settling in: practical advice and resources for settling in upon arrival (housing, SIN, RAMQ, driver's license, daycare, etc.). \* Objective Integration Session: exploration of Québec values, cultural codes and the job market for French-speaking immigrants at intermediate level. \* Intercultural twinning: creation of links between newcomers and members of Québec society to encourage cultural exchange. \* Social activities: online and in person. \* Conferences on immigration processes in Canada and Québec. \* Work in Québec program: comprehensive support for the professional integration of newcomers to the job market. \* Engineering program: specialized program for engineers trained abroad to work in Québec's engineering sector. \* PICBOIS Québec: an information tool for Internationally Trained Professionals (ITPs) on Québec's wood construction industry, career prospects and how to upgrade their skills. \* Job offers in Montréal from partner companies. \* Services for businesses. \* Networking activities with employers. \* English conversation classes to perfect professional English.

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTists, accepted refugee residents, visitors, citizens under 5 in Québec

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** grants, provincial

**Legal status:** non-profit organization

### **CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

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

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

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

### **DOWNTOWN YMCA**

1435 Drummond Street, Ville-Marie, Montréal, QC, H3G 1W4

**514 687-9622**

**Website:** [www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA](http://www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA)

**Email:** [sac.cv@ymcaquebec.org](mailto:sac.cv@ymcaquebec.org)

**Services:** \* Youth zone for 12 to 17-year-olds. \* YMCA International Language School. \* Social reintegration program.

**Eligibility:** youth, adults

**Coverage area:** Downtown

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

**Legal status:** non-profit organization



**MAINS DU QUARTIER (LES)**

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

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

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

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

**Financing:** provincial

**Legal status:** provincial government agency

**THE REFUGEE CENTRE**

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

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

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

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repository: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## YES EMPLOYMENT AND ENTREPRENEURSHIP

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788 Fax:** 514 878-9950

**Website:** yesmontreal.ca

**Email:** info@yesmontreal.ca

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

## Literacy

### ATELIER DES LETTRES EN ALPHABÉTISATION

1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7

**514 524-0507 Fax:** 514 524-0222

**Website:** www.atelierdeslettres.org

**Email:** latelierdeslettres@outlook.com

**Services:** \* Reading, writing, calculation and computers workshops. \* Activities and projects. \* Public speaking. \* Newsletter from participants. \* Meetings. \* Community life: parties, community luncheons, collective kitchen, art workshops, outings.

**Eligibility:** person 18 years old and older

**Capacity:** 14

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

**514 872-7888**

**Website:** montreal.ca/en/places/bibliotheque-frontenac

**Email:** bibliofrontenac@montreal.ca

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 872-1633**

**Website:** [montreal.ca/en/places/bibliotheque-pere-ambroise](http://montreal.ca/en/places/bibliotheque-pere-ambroise)

**Email:** [bibliopereambroise@montreal.ca](mailto:bibliopereambroise@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

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

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **CLEF (LA)**

905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9

**Website:** [laclef.tv](http://laclef.tv)

**Email:** [info@laclef.tv](mailto:info@laclef.tv)

**Services:** Online advice and resources for parents. \* Assistance with literacy and numeracy. \* Parenting skills.

**Eligibility:** parents of children 5 to 8 years old

**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854** Fax: 514 499-9436

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

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

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**Public education****ASSOCIATION DES FAMILLES DU CENTRE-SUD**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626** Fax: 514 524-6756

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

**Email:** [information@cclsca.qc.ca](mailto:information@cclsca.qc.ca)

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

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

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### **CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL**

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

**514 288-8314**

**Website:** [www.cerf-montreal.org](http://www.cerf-montreal.org)

**Email:** [cerfmontreal@gmail.com](mailto:cerfmontreal@gmail.com)

**Services:** \* Monthly food assistance for family members. \* Youth cooking workshop. \* Thrift store. \* Popular education. \* Tax clinic.

**Eligibility:** families and people on a low income

**Coverage area:** from Bleury to Atateken and from Sherbrooke to de la Commune

**Hours:** Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

**Fees:** food assistance: \$5 per month

**Financing:** provincial, donations

**Legal status:** non-profit organization

### **CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561** Fax: 514 524-5663

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

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

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

### **CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### **FUNAMBULES MÉDIAS**

2065 Parthenais Street, Suite 288A, Ville-Marie, Montréal, QC, H2K 3S9

**514 357-5456**

**Website:** funambulesmedias.org

**Email:** info@funambulesmedias.org

**Services:** Organization that promotes the expression of the citizen's word and the development of critical thinking. \* Video production in documentary cinema. \* Audiovisual services. \* Training adapted to citizen video. \* Cinema under the stars: documentary screenings in Montréal parks, a space for exchange and discussion. \* Travelling screenings: presentation of social and political films in alternative venues. \* Virée documentaire: introductory documentary workshop, screenings near schools, choice of screenings voted by youth, discovery of cultural places in the neighbourhood.

**Eligibility:** general public, organizations working for social change, documentary tour: youth from adult education centres

**Coverage area:** Montréal Island

**Financing:** donations, grants

**Legal status:** non-profit organization

### **FUNAMBULES MÉDIAS**

2065 Parthenais Street, Suite 288A, Ville-Marie, Montréal, QC, H2K 3S9

**514 357-5456**

**Website:** cinemasouslesetoiles.org

**Email:** info@funambulesmedias.org

**Services:** \* Documentary film screenings in Montreal parks. \* Exchanges and discussions place. \* Short documentaries competition

**Eligibility:** general public

**Coverage area:** Island of Montreal, Longueuil, and Brome-Missisquoi, screenings: parks of the Island

**Hours:** screenings: June to September

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** www.assofamilles.wordpress.com

**Email:** info@associationdesfamillescentresud.com

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### MIDNIGHT KITCHEN

3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7

**438 238-9907**

**Website:** midnightkitchen.org

**Email:** midnightkitchencollective@gmail.com

**Services:** \* Vegan meal distribution: 3480 McTavish Street. \* Solidarity catering service for community events. \* Community garden: Burnside building, 805 Sherbrooke Street. \* Popular education. \* Funding of community events and initiatives.

**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students, community members, community organizations

**Coverage area:** Montréal Island

**Hours:** email reception: Monday to Thursday 11h00 to 16h00, meal service: see the calendar on their website, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

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

**Legal status:** non-profit organization

### MIKANA

Confidential Address

**Website:** mikana.ca/en

**Email:** info@mikana.ca

**Services:** Raising awareness on the realities and perspectives of Indigenous peoples. \* Workshops and training. \* Program for Indigenous youth to build bridges between Indigenous and non-Indigenous people. \* Partnerships with sectors who wish to make changes in regards to inclusion and respect of Indigenous rights.

**Coverage area:** Montréal Island

**Financing:** grants

**Legal status:** non-profit organization

### PIÉTONS QUÉBEC

460 Sainte-Catherine Street West, Suite 942, Ville-Marie, Montréal, QC, H3B 1A7

**514 394-0002**

**Website:** www.pietons.quebec

**Email:** info@pietons.quebec

**Services:** Collective defence of pedestrians' rights. \* Awareness and mobilization of citizens and public institutions. \* Information, conferences and training.

**Eligibility:** general public, municipalities

**Coverage area:** Province of Québec

**Hours:** on appointment

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

### SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE

2120 Sherbrooke Street East, Suite 212, Ville-Marie, Montréal, QC, H2K 1C3

**514 523-5677**

**Website:** www.sroh.org/fr

**Email:** info@sroh.org

**Services:** Supporting people for better self-knowledge. \* Education and prevention. \* Discussion and mutual-help groups on human identity. \* Emotional Intelligence column. \* Interactive books for children: discovering insecurity, discovering oneself and others. \* Video clips and podcasts: emotional intelligence, learning and children's identity, etc. \* Podcasts through the Youtube channel: Émotions au coeur de l'action \* Magazine Psychologie préventive.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday by appointment

**Fees:** none

**Financing:** dons, provincial

**Legal status:** non-profit organization

## **SOCIÉTÉ POUR L'ACTION, L'ÉDUCATION ET LA SENSIBILISATION ENVIRONNEMENTALE DE MONTRÉAL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

**Website:** saesem.org/en

**Email:** info@saesem.org

**Services:** \* Environmental education: training and workshops for organization. \* Mégot Zéro: installation of ashtrays on public and private property, recycling of cigarette butts. \* Furniture and household items recovery activity: curbside and home pickup, recovered items redistributed to charitable organizations. \* Eco-quartier in Peter-McGill.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, recovery activities: consult the website

**Financing:** donations, municipal

**Legal status:** non-profit organization

## **School perseverance**

### **ACADEMOS CYBERMENTORAT**

296 Saint-Paul Street West, Suite 400, Ville-Marie, Montréal, QC, H2Y 2A3

**514 332-3006 Fax:** 514 370-8967

**Website:** academos.qc.ca

**Email:** info@academos.qc.ca

**Services:** Assistance for teens and young adults allowing them to explore trades and find a professional career. \* Virtual mentoring by professionals or students with similar fields of interests. \* Virtual discussion group. \* School dropout prevention. \* Online articles and videos offering advice and inspiration to help with career choice. \* Directory of organizations and schools in order to familiarize with the job market. \* Volunteering possibility through mentoring.

**Eligibility:** people 14 to 30 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **ALLOPROF**

Confidential Address

**514 527-3726**

**Website:** www.alloprof.qc.ca



**Services:** Free, professional and stimulating homework help services. \* Tutoring and schoolwork assistance by phone, text and chat. \* Online tools : concept sheets, videos, games, exercises and practical tools. \* Help Zone : a collaborative space which allows students to ask or answer school-related questions, available seven days a week, and moderated by a team of professionals. \* Alloprof Parents : offers blog posts, articles and videos online, as well as a personalized service for parents to help them support their children throughout their academic journey. \* Alloprof Enseignants: offers teaching resources and activities.

**Eligibility:** primary and high schools students, back to school adults, parents, special attention to students with learning difficulties, youth from disadvantaged social and economic backgrounds, dropouts and newcomers

**Capacity:** unlimited

**Coverage area:** Province of Québec

**Hours:** telephone, text and chat services: Monday to Thursday 17h00 to 20h00 and Sunday 14h00 to 17h00, self-help zone and website: 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

## CYBERCAP

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700 Fax:** 514 861-7700

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

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

**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

## DANS LA RUE - CHEZ POPS

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

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

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

## ÉCOLE DES GRANDS

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1

**514 829-3135**

**Website:** [schoolofthegreats.com](http://schoolofthegreats.com)

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

**Services:** Homework assistance and science awakening extracurricular program offered by college students for primary school students from underprivileged areas. \* Mentoring. \* School transport and breakfasts for students.

**Eligibility:** students from primary schools who have an academic average between 50% and 70%, college students from varied educational profiles, primary school (primarily situated at the 10th, 9th or 8th decile rank of the MEES' socioeconomic index)

**Coverage area:** Province of Québec, Ontario

**Hours:** administration: Monday to Saturday 9h00 to 17h00, program: Saturday 9h00 to 12h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## FONDATION W

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1

**514 829-3135**

**Website:** [www.fondationw-en.com](http://www.fondationw-en.com)

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

**Services:** Contribute to equal opportunities and enable vulnerable populations to have real access to educational success. \* Support elementary schools and CEGEPs in the implementation of the École des Grands program.

**Eligibility:** school primarily (primary situated at the 10th, 9th or 8th decile rank of the MEES' socioeconomic index), colleges

**Coverage area:** Province of Québec, Ontario

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## INNOVATION YOUTH

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

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

**Email:** [innovation@direction.ca](mailto:innovation@direction.ca)

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

## OPÉRATION BONNE MINE

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 ext. 121** Fax: 514 526-5930

**Website:** [ssvp-mtl.org/en/132/register-for-back-to-school-support](http://ssvp-mtl.org/en/132/register-for-back-to-school-support)

**Email:** [programme@ssvp-mtl.org](mailto:programme@ssvp-mtl.org)

**Services:** School perseverance program. \* Back-to-school financial assistance. \* Sociocultural and artistic activities. \* School perseverance scholarships.

**Eligibility:** children 5 to 18 years old enrolled in primary or secondary school, from economically disadvantaged backgrounds

**Coverage area:** Montréal, Laval, MRC L'Assomption

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **RELANCE JEUNES ET FAMILLES (LA)**

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

### **RUELLE DE L'AVENIR**

2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 525-4233 Fax: 514 525-1670**

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

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

**Services:** \* Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). \* Summer camp and spring break camp.

**Eligibility:** people 4 to 16 years old, their parents

**Coverage area:** Centre-Sud, CSSDM territory

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** free, summer camp: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

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

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## School service centers

### QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS

3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4

**514 483-6111** Fax: 514 483-0865

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

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

**Services:** Group of independent English-speaking elementary and secondary schools. \* Promotion of education. \* Networking for teachers. \* Professional development workshops. \* List of private schools: [www.qais.qc.ca/our-schools/directory](http://www.qais.qc.ca/our-schools/directory)

**Eligibility:** independent schools

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

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

## Advocacy for workers and unemployed

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

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

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax:** 1 855 722-8081

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)

**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

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

**Legal status:** provincial government agency

### COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

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

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

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

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

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

### CONFEDERATION OF NATIONAL TRADE UNIONS

1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5

1 800 947-6177

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

**Email:** [sesyndiquer@csn.qc.ca](mailto:sesyndiquer@csn.qc.ca)

**Services:** Support to affiliated organizations and advocacy of their economic, social and political rights and interests. \* Advice on work relations, unionizing, human resources, negotiation, public relations and administration. \* Legal services. \* Support to mobilization initiatives and regional life. \* Union management tools: software, web platform.\* Training in union life, labour relations, health and safety, and unionism and society.

**Eligibility:** workers, federations, central councils, unions

**Coverage area:** Province of Québec

**Hours:** Monday 7h00 to 18h00, Tuesday to Friday 7h00 to 00h00

**Financing:** membership fees

**Legal status:** non-profit organization

### CONSEIL INTERPROFESSIONNEL DU QUÉBEC

550 Sherbrooke Street West, West tower, Suite 2050, Ville-Marie, Montréal, QC, H3A 1B9

514 288-3574 Fax: 514 288-3580

**Website:** [www.professions-quebec.org](http://www.professions-quebec.org)

**Email:** [info@professions-quebec.org](mailto:info@professions-quebec.org)

**Services:** Association of professional orders. \* Representation and networking among professional orders. \* Training and reflection activities. \* Information and referral for the public. \* Advisory body to the governments. \* List of professional orders: [www.professions-quebec.org/fr/liste-des-ordres-professionnels](http://www.professions-quebec.org/fr/liste-des-ordres-professionnels)\* Room rentals.

**Eligibility:** professional orders, general public

**Coverage area:** Province of Québec

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

**Fees:** variable

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

**Legal status:** non-profit organization

### JURIPOP

Confidential Address

514 705-1637 Fax: 514 845-1667

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

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

**Services:** Low-cost legal services. \* Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice. \* Aparté: resources against harassment and violence in the cultural environment [aparte.ca](http://aparte.ca) \* Legal assistance by phone for people living with cancer: questions in civil law (housing, contracts, and most day-to-day legal needs), business and family law (separation, child custody, alimony, etc.), as well as some questions in labour law. \* Personalized workshops and conferences.

**Eligibility:** people on a low income not eligible for legal assistance, non-profit organizations

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

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

**Fees:** regular members: \$20 per year, hourly rate of 65\$, membership for Incorporated Non-profits: 150\$ per year, hourly rate of 90\$, administrative fees: \$65

**Financing:** self-financing, fundraising, grants

**Legal status:** non-profit organization

## JURISTES À DOMICILE

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929** Fax: 514 339-9956

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

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

## LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111** Fax: 514 864-7329

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

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

**Services:** Legal aid office in administrative, civil and family law.

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

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization



**MAISON DU PÈRE (LA)**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168** Fax: 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

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

**Services:** \* Housing for social reintegration. \* J.-A. De Sève: residence for homeless seniors. \* Housing maintenance with social guidance. \* Reception and housing centre in referencing. \* Shelter. \* Food donations. \* Clothing donations for people who use the organizations' services. \* Health care with convalescence and palliative care beds. \* Social accompaniment: assistance with obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification centre. \* Compensatory work. \* Bank counter for exchanging welfare checks for people with no bank account.

**Eligibility:** homeless men 25 years old and over wanting to undertake social reintegration procedures

**Capacity:** 487 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

**MCGILL LEGAL INFORMATION CLINIC**

3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 0E7

**438 944-6545**

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

**Email:** [pub.licm@mail.mcgill.ca](mailto:pub.licm@mail.mcgill.ca)

**Services:** Legal information clinic and advocacy. \* Legal information request form: [click here](#) \* Referral and online resources: [click here](#) \* Accompaniment in court: Tribunal administratif du logement or Small Claims Court. \* Information: housing, immigration, labour, obligations, family, municipal law, business and non-profit law, etc. \* Just Info workshops: legal information sessions in a simple and useful way. \* Commissioner for oaths: to make official an oath taken in his presence. \* Representation of McGill students in disciplinary matters.

**Eligibility:** legal information and accompaniment in court: general public, just info workshops: community organizations

**Coverage area:** Greater Montréal

**Hours:** legal information: Monday and Wednesday 9h00 to 17h00, Tuesday and Thursday 11h00 to 19h00, Friday 9h00 to 15h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854** Fax: 514 499-9436

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

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

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

### OPTION CONSOMMATEURS

507 Place d'Armes, Suite 1101, Ville-Marie, Montréal, QC, H2Y 2W8

**1 888 412-1313 Fax:** 514 598-8511

**Website:** [option-consommateurs.org/en](http://option-consommateurs.org/en)

**Email:** [info@option-consommateurs.org](mailto:info@option-consommateurs.org)

**Services:** Information and advocacy in the areas of consumption, credit and debt. \* Budget counselling to help consumers balance their budget. \* Legal information for consumers about rights and appeals. \* Information sessions for community organizations on budgeting, debt, economic violence and consumer law. \* Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. \* Legal information line for seniors. \* Prêt du quartier: microcredit program providing access to small loans of \$200 to 800 to meet an unexpected and non-recurring expense for an immediate need.

**Eligibility:** consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins

**Coverage area:** budget counselling: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Outremont, Rosemont, Ville-Marie, Prêt du quartier: Centre-Sud, Le Plateau-Mont-Royal, legal information and seniors line: Province of Québec

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

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, self-financing

**Legal status:** Cooperative

### TRIBUNAL ADMINISTRATIF DU TRAVAIL

500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 361-9593**

**Website:** [www.tat.gouv.qc.ca/menu-utilitaire/english-content](http://www.tat.gouv.qc.ca/menu-utilitaire/english-content)

**Email:** [communications@tat.gouv.qc.ca](mailto:communications@tat.gouv.qc.ca)

**Services:** Ruling instance for disputes related to over forty laws in the work field. \* Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES

2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8

**514 527-3661 Fax:** 514 527-1153

**Website:** [uttam.quebec](http://uttam.quebec)

**Email:** [uttam@uttam.quebec](mailto:uttam@uttam.quebec)

**Services:** \* Phone information service on rights and remedies. \* Information meetings on compensation for work-related accidents and illnesses. \* Support and files follow-up. \* Popular education activities. \* Collective rights defense action.

**Eligibility:** workers victims of work related accidents or occupational diseases

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

## Budget management and consumption

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** [aideauxtrans.com/fr](http://aideauxtrans.com/fr)

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

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### AUTORITÉ DES MARCHÉS FINANCIERS

800 Square Victoria Street, Suite 2200, Ville-Marie, Montréal, QC, H4Z 1G3

**1 877 525-0337**

**Website:** [lautorite.qc.ca/en/general-public](http://lautorite.qc.ca/en/general-public)

**Services:** Organization mandated by the government of Québec to regulate the province's financial markets and provide assistance to consumers of financial products and services. \* Insurance information. \* Reception and treatment of complaints against Desjardins' caisses and services. \* Assistance with complaints filing against a representative or a company. \* Mediation.

**Eligibility:** product consumers, service users, future professionals, money service businesses

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

### CANADA MORTGAGE AND HOUSING CORPORATION

1100 René-Lévesque Boulevard West, 1st floor, Ville-Marie, Montréal, QC, H3B 5J7

**1 800 668-2642 TTY: 1 800 309-3388**

**Website:** [www.cmhc-schl.gc.ca/en](http://www.cmhc-schl.gc.ca/en)

**Email:** [contactcentre@cmhc.ca](mailto:contactcentre@cmhc.ca)

**Services:** Canada's authority on housing. \* Contribution to the stability of the financial system. \* Facilitation of the access to housing. \* Dissemination of housing research. \* Mortgage calculator. \* Advising to governments, individuals and the housing industry.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

**CHAMBRE DES NOTAIRES DU QUÉBEC**

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793 Fax:** 514 879-1923

**Website:** www.cnq.org/en

**Email:** information@cnq.org

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \* Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

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

**Legal status:** non-profit organization

**CHEZ DORIS, WOMEN'S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** www.chezdoris.org/en

**Email:** info@chezdoris.org

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** cspeuqam.com

**Email:** info@cspeuqam.ca

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \* Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**DESJARDINS FOUNDATION**

1 Complexe Desjardins, 16th floor, South Tower, Ville-Marie, Montréal, QC, H5B 1B2

**1 800 443-8611**

**Website:** [www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp](http://www.desjardins.com/ca/about-us/social-responsibility-cooperation/education-cooperation/desjardins-foundation/index.jsp)

**Email:** [fondation.desjardins@desjardins.com](mailto:fondation.desjardins@desjardins.com)

**Services:** Prizes, scholarships, donations and support to academic projects. \* Promotion of academic perseverance.

**Eligibility:** students

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

**DIOGÈNE SUIVI COMMUNAUTAIRE**

Confidential Address

**514 874-1214 Fax:** 514 874-0703

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

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

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres. \* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN**

700 de La Gauchetière Street West, 26th floor, Ville-Marie, Montréal, QC, H3B 5M2

**1 833 255-6396**

**Website:** [exo.quebec/en](http://exo.quebec/en)

**Services:** Collective transportation. \* Commuter trains. \* Buses. \* Paratransit.

**Coverage area:** Greater Montréal, Saint-Jérôme

**Hours:** Monday to Friday 6h00 to 20h30, Saturday and Sunday and holidays 9h00 to 17h00

**Fees:** variable

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

**Legal status:** parapublic organization

**FIRST STOP - DOWNTOWN YMCA CENTRE**

1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 284-2247**

**Website:** [www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop](http://www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop)

**Email:** [premier.arret@ymcaquebec.org](mailto:premier.arret@ymcaquebec.org)

**Services:** Community program for vulnerable people or at risk of homelessness who arrive and transit in the Montreal Bus Station area. \* Reception, help, reference and support. \* Last resort assistance through tickets for public transportation within Montreal for people in the Centre-Sud sector (or nearby) who need transportation for procedures (medical appointments, etc.). \* Repatriation outside the city for people at risk who, for their safety, must return to their hometown. \* Possibility of using a telephone to take steps or maintain contact with a support network.

**Eligibility:** vulnerable people newly arrived in Montreal or recently homeless, people at risk of homelessness

**Coverage area:** Montréal Island, tickets for public transport: Berri-UQAM metro station surroundings

**Hours:** Monday to Friday 9h30 to 22h00

**Fees:** none

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

**Legal status:** non-profit organization

### FONDATION JEAN MARC PAQUETTE - SAFIR

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** [www.fjamp.org/fr/safir](http://www.fjamp.org/fr/safir)

**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### FONDATION VARIETY QUÉBEC

1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7

**Website:** [www.variety-quebec.ca](http://www.variety-quebec.ca)

**Email:** [info@variety-quebec.ca](mailto:info@variety-quebec.ca)

**Services:** Support for children in need. \* Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.

**Eligibility:** children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### HYDRO-QUÉBEC

75 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1A4

**1 888 385-7252**

**Website:** [hydroquebec.com/residential](http://hydroquebec.com/residential)

**Services:** Electricity production, transport and distribution. \* Options in case of payment difficulties: [www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html](http://www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html) \* Power outages (service interruptions by region and map of ongoing outages): <http://pannes.hydroquebec.com/poweroutages>

**Coverage area:** Province of Québec

**Hours:** residential customer services: Monday to Friday 8h00 to 20h30, Saturday and Sunday 9h00 to 17h00, power outages: 24 hours / 7 days

**Financing:** provincial, self-financing

**Legal status:** provincial government agency

**MAISON DU PÈRE (LA)**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168** Fax: 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

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

**Services:** \* Housing for social reintegration. \* J.-A. De Sève: residence for homeless seniors. \* Housing maintenance with social guidance. \* Reception and housing centre in referencing. \* Shelter. \* Food donations. \* Clothing donations for people who use the organizations' services. \* Health care with convalescence and palliative care beds. \* Social accompaniment: assistance with obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification centre. \* Compensatory work. \* Bank counter for exchanging welfare checks for people with no bank account.

**Eligibility:** homeless men 25 years old and over wanting to undertake social reintegration procedures

**Capacity:** 487 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191** TTY: 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

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

**Financing:** provincial

**Legal status:** provincial government agency

**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** [welcomehallmission.com](http://welcomehallmission.com)

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

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

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

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

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

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

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**NON-INSURED HEALTH BENEFITS**

200 René-Lévesque Boulevard West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 483-1575 Fax:** 514 283-7762

**Website:** [www.sac-isc.gc.ca/eng/1576790320164/1576790364553](http://www.sac-isc.gc.ca/eng/1576790320164/1576790364553)

**Services:** Coverage for a range of health benefits for eligible First Nations and Inuit clients who are not covered by social programs, private insurance plans or provincial or territorial health insurance plans. \* Vision care. \* Dental care. \* Mental health counselling. \* Medical equipment and supplies. \* Prescription drugs and certain over-the-counter products. \* Medical transportation not available on reserve or in community of residence. \* Reimbursement process: [www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206](http://www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206) \* How to appeal a decision: [www.sac-isc.gc.ca/eng/1579792696583/1579792732972](http://www.sac-isc.gc.ca/eng/1579792696583/1579792732972)

**Eligibility:** First Nations, Inuit

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** federal

**Legal status:** federal government agency

**OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA**

Confidential Address

**1 877 376-9902 Fax:** 514 283-9795

**Website:** [www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home](http://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home)

**Services:** Requests for information, referral and complaints concerning the bankruptcy process and its accessibility. \* Online repertory of Licensed Insolvency Trustees:

[www.ic.gc.ca/app/osb/tds/search.html?lang=eng](http://www.ic.gc.ca/app/osb/tds/search.html?lang=eng) \* Research of bankruptcy and insolvency records.

**Coverage area:** Province of Québec

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

**Financing:** federal

**Legal status:** federal government agency

**OPÉRATION BONNE MINE**

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 ext. 121 Fax:** 514 526-5930

**Website:** [ssvp-mtl.org/en/132/register-for-back-to-school-support](http://ssvp-mtl.org/en/132/register-for-back-to-school-support)

**Email:** [programme@ssvp-mtl.org](mailto:programme@ssvp-mtl.org)

**Services:** School perseverance program. \* Back-to-school financial assistance. \* Sociocultural and artistic activities. \* School perseverance scholarships.

**Eligibility:** children 5 to 18 years old enrolled in primary or secondary school, from economically disadvantaged backgrounds



**Coverage area:** Montréal, Laval, MRC L'Assomption

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### OPTION CONSOMMATEURS

507 Place d'Armes, Suite 1101, Ville-Marie, Montréal, QC, H2Y 2W8

**1 888 412-1313 Fax:** 514 598-8511

**Website:** option-consommateurs.org/en

**Email:** info@option-consommateurs.org

**Services:** Information and advocacy in the areas of consumption, credit and debt. \* Budget counselling to help consumers balance their budget. \* Legal information for consumers about rights and appeals. \* Information sessions for community organizations on budgeting, debt, economic violence and consumer law. \* Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. \* Legal information line for seniors. \* Prêt du quartier: microcredit program providing access to small loans of \$200 to 800 to meet an unexpected and non-recurring expense for an immediate need.

**Eligibility:** consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins

**Coverage area:** budget counselling: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Outremont, Rosemont, Ville-Marie, Prêt du quartier: Centre-Sud, Le Plateau-Mont-Royal, legal information and seniors line: Province of Québec

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

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, self-financing

**Legal status:** Cooperative

### ORDRE DES COMPTABLES PROFESSIONNELS AGRÉÉS DU QUÉBEC

5 Place Ville Marie, Suite 800, Ville-Marie, Montréal, QC, H3B 2G2

**1 800 363-4688 Fax:** 514 843-8375

**Website:** cpaquebec.ca/en

**Email:** info@cpaquebec.ca

**Services:** Professional order. \* Public protection. \* Licensing of candidates to the profession. \* Monitoring of the practice of the profession, complaints treatment and detection of illegal practice. \* Continuous training. \* Professionals directory: cpaquebec.ca/en/find-a-cpa

**Eligibility:** general public, chartered professional accountants

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

### QUEBEC CANCER FOUNDATION

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063 Fax:** 514 527-1943

**Website:** cancerquebec.ca/en

**Email:** cancerquebec.mtl@fqc.qc.ca

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM

Confidential Address

**514 940-1481 TTY:** 1 800 361-3795

**Website:** [www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program](http://www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program)

**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. \* From October 1st 2024 to September 30th 2025: financial assistance of up to \$170 per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

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

**Financing:** provincial, federal

**Legal status:** provincial government agency

## SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## SOCIÉTÉ DE TRANSPORT DE MONTRÉAL

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636 Fax:** 514 280-5193 **TTY:** 514 280-8200

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

**Services:** Montréal's public transit network: metro, bus, shuttles and public taxis.

**Eligibility:** general public, free travel 65 and over: people 65 years old and over living in the Greater Montreal area, student rate: 6 to 64 year-olds enrolled full-time in a school recognized by the Ministère de l'Éducation du Québec or the Ministère de l'Enseignement supérieur du Québec.

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00, trips and OPUS card information: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, comments: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, lost and found: Monday to Friday 8h00 to 18h00

**Fees:** variable, opus card with photo: \$6 for 6 to 11 years old, \$15 for 12 years old and over

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## STM COMPANION CARD

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636**

**Website:** [www.stm.info/en/info/universal-accessibility/universal-access](http://www.stm.info/en/info/universal-accessibility/universal-access)

**Services:** \* Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.

**Eligibility:** people living with an intellectual or visual disability's companion

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** free

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**WAR AMPS (THE)**

606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 250-3030 Fax:** 1 877 600-6212

**Website:** www.waramps.ca

**Email:** customerservice@waramps.ca

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

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

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**Business development****CENTRE D'ENTREPRISES ET D'INNOVATION DE MONTRÉAL**

33 Prince Street, Ville-Marie, Montréal, QC, H3C 2M7

**514 866-0575 Fax:** 514 866-3591

**Website:** www.ceim.org/en

**Email:** info@ceim.org

**Services:** \* Assists start-up companies in new technologies or innovative products and services. \* Office space rental. \* Networking.

**Eligibility:** small and medium enterprises, self-employed workers

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Thursday 8h30 to 17h00

**Fees:** annual membership: \$100

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**ÉCOLE DES ENTREPRENEURS DU QUÉBEC**

505 René-Lévesque Boulevard West, Suite 300, Ville-Marie, Montréal, QC, H2Z 1Y7

**514 398-9083**

**Website:** eequebec.com

**Email:** info@eequebec.com

**Services:** Business start-up assistance. \* Entrepreneurial follow-up. \* Self-employment support program: technical and financial support for start-ups. \* Training on starting a business, sales and in business acquisition and management. \* Consulting. \* Specialized workshops.

**Eligibility:** people wanting to create or develop their own business

**Coverage area:** Province of Québec

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

**Fees:** variable

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

**ÉQUITERRE**

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

**1 877 272-6656 Fax:** 514 522-1227

**Website:** www.equiterre.org/en

**Email:** info@equiterre.org

**Services:** \* Awareness, education, and tips on mobility, agriculture, food, and consumption. \* Pairing of consumers with organic farms. \* Referrals for the purchase of fair trade products. \* Conferences.

**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

### **EVOL - MONTRÉAL**

507 Place d'Armes, Suite 501, Ville-Marie, Montréal, QC, H2Y 2W7

**1 844 523-7767**

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

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

**Services:** Support for diversely owned and inclusive businesses seeking to make a positive impact on society.

\* Financing. \* Accompaniment. \* Training. \* Networking events.

**Eligibility:** businesses owned at least by 25% by people from diverse backgrounds

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### **GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION**

1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5

**514 849-7800 Fax:** 514 849-1495

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

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

**Services:** \* Assistance with the development of community real-estate projects. \* Accompaniment of organizations who have major works to do on their buildings. \* Cooperative management and home ownership training for organizations. \* Complete administrative support. \* Waiting list for people in search of housing.

**Eligibility:** families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors

**Coverage area:** Montréal Island

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

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### **INSURANCE BUREAU OF CANADA**

1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1

**1 877 288-4321**

**Website:** [bac-quebec.qc.ca/en](http://bac-quebec.qc.ca/en)

**Email:** [cinfo@bac-quebec.qc.ca](mailto:cinfo@bac-quebec.qc.ca)

**Services:** Association representing the majority of property and casualty insurers (home, commercial, automobile and liability insurance). \* Participation in the preparation of draft laws. \* Education, prevention, awareness. \* Public information.

**Eligibility:** consumers, insurance industry counsellors

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**KOUMBIT**

1883 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L7

**514 907-9494**

**Website:** www.koumbit.org/en

**Email:** info@koumbit.org

**Services:** Web services based on open source software. \* Hosting of shared and private servers. \* Website design and development. \* System administration: analysis, integration, maintenance, backup systems, server configuration management, etc.

**Eligibility:** general public

**Capacity:** N/A

**Coverage area:** Canada

**Hours:** Email support: monday to friday 10h00 to 17h00, phone support: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00, Wednesday 10h00 to 12h00 and 13h00 to 16h00, Thursday 10h00 to 12h00

**Fees:** variable, solidarity discount for community organizations

**Financing:** self-financing

**Legal status:** non-profit organization

**LADY HUSTLER SOCIETY CLUB (THE)**

360 Saint-Jacques Street, Suite G101, Ville-Marie, Montréal, QC, H2Y 1P5

**514 576-2825**

**Website:** entrepreneurladyhustler.com

**Email:** info@entrepreneurladyhustler.com

**Services:** Women entrepreneurs and professionals empowerment. \* Masterclass library. \* Closing the Gap: humanitarian project aimed at fighting hunger and malnutrition around the world. \* Members referral system. \* Elite members advantages. \* Monthly workshops. \* Networking events. \* Monthly goal setting and planning. \* Accountability Match Up program. \* Weekly case study.

**Eligibility:** women entrepreneurs, professionals

**Coverage area:** Montréal

**Legal status:** non-profit organization

**MICROENTREPRENDRE**

2 Sainte-Catherine Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1K4

**514 900-0961**

**Website:** microentreprendre.ca

**Email:** info@microentreprendre.ca

**Services:** Promotion and development of microcredit in Québec. \* Consolidation and support of a community microcredit network. \* Accompaniment and information about community microcredit, eligibility, process, etc. \* List of member organizations.

**Eligibility:** people starting an individual, collective or social business, without access to traditional credit or standardized program

**Coverage area:** Province of Québec

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

**Fees:** accompaniment: free

**Financing:** provincial, grants, foundations

**Legal status:** non-profit organization

**OFFICE FRANCO-QUÉBÉCOIS POUR LA JEUNESSE - PARIS OFFICE**

535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3

**01 49 33 28 50**

**Website:** ofqj.org

**Email:** ressources@ofqj.org

**Services:** Accompaniment and support to young adults' mobility and the realization of projects across the Atlantic. \* Accompaniment for study periods outside of the country, social and professional integration. \* Assistance with entrepreneurship, professional development and the realisation of citizenship projects.

**Eligibility:** young adults from France or Québec aged 18 to 35 years old

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h30 to 17h30

**Financing:** provincial, donations

**Legal status:** non-profit organization

### **PME MTL CENTRE-VILLE**

630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4

**514 879-0555**

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

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

**Services:** \* Support, accompaniment and financing for businesses. \* Local economic development. \* Training.

**Eligibility:** businesses, non-profit organizations, cooperatives

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount

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

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### **RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC**

1431 Fullum Street, Suite 206, Ville-Marie, Montréal, QC, H2K 0B5

**514 526-6267** Fax: 514 526-2911

**Website:** [www.reseau.coop](http://www.reseau.coop)

**Email:** [info@reseau.coop](mailto:info@reseau.coop)

**Services:** \* Start-up service of cooperative work enterprises: training, support and accompaniment. \* Parcours COOP: 14-weeks training course in project start-up, advisory service on collective management by workers. \* Group insurance plan. \* Purchasing group.

**Eligibility:** groups of collective entrepreneurs

**Coverage area:** Province of Québec

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

**Fees:** annual membership: \$320 plus taxes

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

**Legal status:** non-profit organization

### **REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)**

2050 De Bleury Street, Suite RC-10, Ville-Marie, Montréal, QC, H3A 2J5

**1 800 644-0075** TTY: 1 800 361-9596

**Website:** [www.quebec.ca/en/businesses-and-self-employed-workers/obtain-information-about-entreprise/search-entreprise-register](http://www.quebec.ca/en/businesses-and-self-employed-workers/obtain-information-about-entreprise/search-entreprise-register)

**Email:** [registre@servicesquebec.gouv.qc.ca](mailto:registre@servicesquebec.gouv.qc.ca)

**Services:** Register of businesses and legal entities in activity in the province of Québec. \* Information about legal status and managers. \* Online consultation.

**Eligibility:** citizens, businesses, non-profit organizations

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

### **SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

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

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

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## YES EMPLOYMENT AND ENTREPRENEURSHIP

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788 Fax:** 514 878-9950

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

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

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online



**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

## YOUNG BAR OF MONTRÉAL

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8

**514 954-3448 Fax:** 514 954-3496

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

**Email:** [servicesprobono@ajbm.qc.ca](mailto:servicesprobono@ajbm.qc.ca)

**Services:** Promotion of access to justice. \* Defense and promotion of its members' interests. \* Services of consultation and legal information. \* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. \* LET'S TALK LAW: legal consultation for youth 12 to 21 years old. \* Legal consultations to start a company. \* Annual legal helpline. \* Organization of charitable activities.

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** foundations, grants

**Legal status:** non-profit organization

## Employment support and training

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax:** 514 845-2287

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

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

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### AXTRA, L'ALLIANCE DES CENTRES-CONSEILS EN EMPLOI

533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8

**514 721-3051 Fax:** 514 721-9114

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

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

**Services:** Grouping of organizations working in employability. \* Funding and partnership in research, projects and innovations in employability. \* Various training and QUARIERA seminar for members and employability professionals. \* Partners in internship projects in a variety of disciplines. \* trouvetonx.ca: geo-tracking website to easily find a member organization.

**Eligibility:** organizations and professionals working in employability, Trouve ton X: general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

## CACTUS MONTRÉAL

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 Fax:** 514 847-0038

**Website:** cactusmontreal.org/en

**Email:** info@cactusmontreal.org

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## CANADIAN PRACTICE ENTERPRISE NETWORK

533 Ontario Street East, Suite 202, Ville-Marie, Montréal, QC, H2L 1N8

**1 855 508-1620 Fax:** 514 721-9114

**Website:** rcee-cpen.ca/en

**Email:** direction@rcee-cpen.ca

**Services:** Network of practice enterprises. \* Directory. \* Tools. \* Representation.

**Eligibility:** training companies

**Coverage area:** Canada

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

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

## CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE

550 Sherbrooke Street West, 17th floor, Suite 1770, West Tower, Ville-Marie, Montréal, QC, H3A 1B9

**514 286-9595 Fax:** 514 286-0406

**Website:** www.cremcv.com

**Email:** cremcv@cremcv.com

**Services:** Job searching club. \* Vocational guidance. \* Cross workshops for job search. \* Specialized workshops for new immigrants. \* Assistance with resume writing and interview simulations. \* Career transition program for health professionals who graduated outside of Canada and the United States.

**Eligibility:** people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice

**Coverage area:** Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## CENTRE TURBINE

36 Queen Street, Ville-Marie, Montréal, QC, H3C 2N5

514 606-8276

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

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

**Services:** Pedagogical creation centre. \* Artistic and pedagogical projects. \* Artist residencies. \* Cultural mediation training. \* Counselling for artists and cultural workers.

**Eligibility:** schools, libraries, artistic, community and cultural centres, hospitals, groups

**Coverage area:** Province of Québec

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

**Financing:** federal, provincial, municipal, donations

**Legal status:** non-profit organization

## CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

1 800 465-4622 Fax: 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** [quebec@cnib.ca](mailto:quebec@cnib.ca)

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

## CULTURES ET LANGUES AUTOCHTONES

535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3

1 800-465-4255 Fax: 514 873-0067

**Website:** [www.lojiq.org/parteneriat-initiative-cultures-et-langues-autochtones](http://www.lojiq.org/parteneriat-initiative-cultures-et-langues-autochtones)

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

**Services:** Accompaniment and financial support for the realization of Indigenous youth projects that require mobility in Québec, in Canada or internationally. \* Personalized accompaniment throughout the project. \* Financial participation for travel and stay expenses. \* Development of a network. \* Complementary financial support.

**Eligibility:** Inuit or First Nations youth 18 to 35 years old

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** donations, foundations

**Legal status:** provincial government agency

### **DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax:** 514 849-2411

**Website:** ymcaquebec.org/en

**Email:** laboussole@ymcaquebec.org

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

### **GROUPE INFORMATION TRAVAIL**

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651 Fax:** 514 526-1655

**Website:** www.groupeinfotravail.ca

**Email:** git@groupeinfotravail.ca

**Services:** Support for people suffering from social and professional exclusion. \* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI**

1259 Berri Street, 7th floor, Ville-Marie, Montréal, QC, H2L 4C7

**514 598-7474 Fax:** 514 598-9194

**Website:** projetmire.com

**Email:** info@projetmire.com

**Services:** Training and job placement program. \* Group workshops. \* Financial assistance. \* Social involvement. \* Basic computer courses. \* Support and follow-up for 2 years. \* Possibility of short-term internships. \* Job support.

**Eligibility:** adults with difficulty integrating or reintegrating the labour market

**Capacity:** 150 people per year

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**OXY-JEUNES**

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 728-5297**

**Website:** [www.oxy-jeunes.com](http://www.oxy-jeunes.com)

**Email:** [info@oxy-jeunes.com](mailto:info@oxy-jeunes.com)

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. \* Artistic practice workshops and mentoring by professional artists. \* Shows, concerts and exhibitions. \* Cultural outings, activities and meetings. \* Free practice time with access to musical instruments. \* Multimedia and recording studio.

**Eligibility:** youth 12 to 22 years old

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: Monday to Friday 16h00 to 19h00 or 20h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

**PME MTL CENTRE-VILLE**

630 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E4

**514 879-0555**

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

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

**Services:** \* Support, accompaniment and financing for businesses. \* Local economic development. \* Training.

**Eligibility:** businesses, non-profit organizations, cooperatives

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Le Plateau Mont-Royal, Outremont, Ville-Marie, Westmount

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

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**RECOGNITION**

1435 de Bleury Street, Suite 300, Ville-Marie, Montréal, QC, H3A 2H7

**1 800 608-3350** Fax: 514 864-4161

**Website:** [www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition](http://www.calq.gouv.qc.ca/en/grants/first-nations/about-recognition)

**Email:** [sara.thibault@calq.gouv.qc.ca](mailto:sara.thibault@calq.gouv.qc.ca)

**Services:** Support for the First Nations artistic community's reappropriation, reconstruction and development efforts. \* Revitalization, creation and transmission: support for artists throughout their careers. \* Microgrants for artists. \* Impetus: providing artists with their first grant. \* Support for projects undertaken by First Nations artistic and organizations. \* Development of the organizational capabilities of First Nations artistic organizations.

**Eligibility:** Inuit and First Nations artists and artistic organizations

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** [www.itineraire.ca/programme-maison-ronde/](http://www.itineraire.ca/programme-maison-ronde/)

**Email:** [marilou.maisonneuve@itineraire.ca](mailto:marilou.maisonneuve@itineraire.ca)

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

## UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE CARRIÈRE

1205 Saint-Denis Street, Suite N-R605, Ville-Marie, Montréal, QC, H2X 3R9

**Website:** [cliniquecarriere.uqam.ca/](http://cliniquecarriere.uqam.ca/)

**Email:** [clinique.carriere@uqam.ca](mailto:clinique.carriere@uqam.ca)

**Services:** School and career guidance and informations services, offered in person or remotely.\* Help with training and career choices. \* Professional development: skills assessment, identification of career aspirations, strategy development, etc. \* Help to find a balance at work: help to reintegrate a job, support for well-being at work, change of professional environment, etc.

**Eligibility:** general public, students

**Coverage area:** Province of Québec

**Fees:** general public: \$50 for a session of 60 to 75 minute, \$25 for a session of 30 minute

**Legal status:** parapublic organization

## UP WITH WOMEN

Confidential Address

**438 299-4520**

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

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

**Services:** Personalized one-year coaching program for financially distressed women who want to improve their condition. \* Bi-weekly individualized meetings by phone or online. \* Monthly group support meetings. \* Online learning portal. \* Continued support.

**Eligibility:** women 18 years old and over in a financially insecure situation, gender diverse individuals 18 years old and over

**Coverage area:** Province of Québec

**Hours:** variable

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

## YES EMPLOYMENT AND ENTREPRENEURSHIP

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788 Fax:** 514 878-9950

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

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

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - EMPLOYABILITY SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

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

**Email:** [infoose@ydesfemmesmtl.org](mailto:infoose@ydesfemmesmtl.org)

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **Employment support for immigrants**

### **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 7**

**Website:** [criccentresud.org/projets/femmes-relais](http://criccentresud.org/projets/femmes-relais)

**Email:** [organisatricefr@criccentresud.org](mailto:organisatricefr@criccentresud.org)

**Services:** Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. \* Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. \* Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. \* CRIC certificate of training as an agente de liaison communautaire. \* Non-remunerated internship.

**Eligibility:** women of diverse origins who speak French and another language and wish to have work experience

**Capacity:** 12 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Tuesday and Thursday 13h00 to 16h00, from September to June

**Fees:** none, OPUS card refunded every month

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

**Legal status:** non-profit organization

### **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 113**

**Website:** [criccentresud.org/hommes-relais](http://criccentresud.org/hommes-relais)

**Email:** [hr@criccentresud.org](mailto:hr@criccentresud.org)

**Services:** Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. \* Program divided into three components: helping relationship, socio-professional integration and citizen involvement. \* Training twice a week on various topics: immigration 101, housing rights, job search process, accompaniment for immigrants, levels of governments, etc. \* 4-month social internship, part-time and non-remunerated, including obtaining two certifications.

**Eligibility:** immigrant men of all ages and statuses (permanent and temporary residents, citizens, non-citizens) who speak French (intermediate to advanced level) in addition to another language, and who want to gain work experience while seeking to integrate

**Capacity:** 15 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Monday and Wednesday 13h00 to 15h30

**Fees:** none, OPUS card refunded every month

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

**Legal status:** non-profit organization

### **CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE**

550 Sherbrooke Street West, 17th floor, Suite 1770, West Tower, Ville-Marie, Montréal, QC, H3A 1B9

**514 286-9595 Fax:** 514 286-0406

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

**Email:** [cremcv@cremcv.com](mailto:cremcv@cremcv.com)

**Services:** Job searching club. \* Vocational guidance. \* Cross workshops for job search. \* Specialized workshops for new immigrants. \* Assistance with resume writing and interview simulations. \* Career transition program for health professionals who graduated outside of Canada and the United States.

**Eligibility:** people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice

**Coverage area:** Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

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

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

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

**Legal status:** non-profit organization



**CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS**

1259 Berri Street, Suite 900, Ville-Marie, Montréal, QC, H2L 4C7

**514 987-1759**

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

**Email:** [accueil@citim.org](mailto:accueil@citim.org)

**Services:** Settlement and job search services. \* Pre-departure: pre-arrival services, assistance and information to facilitate integration. \* First steps to settling in: practical advice and resources for settling in upon arrival (housing, SIN, RAMQ, driver's license, daycare, etc.). \* Objective Integration Session: exploration of Québec values, cultural codes and the job market for French-speaking immigrants at intermediate level. \* Intercultural twinning: creation of links between newcomers and members of Québec society to encourage cultural exchange. \* Social activities: online and in person. \* Conferences on immigration processes in Canada and Québec. \* Work in Québec program: comprehensive support for the professional integration of newcomers to the job market. \* Engineering program: specialized program for engineers trained abroad to work in Québec's engineering sector. \* PICBOIS Québec: an information tool for Internationally Trained Professionals (ITPs) on Québec's wood construction industry, career prospects and how to upgrade their skills. \* Job offers in Montréal from partner companies. \* Services for businesses. \* Networking activities with employers. \* English conversation classes to perfect professional English.

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTists, accepted refugee residents, visitors, citizens under 5 in Québec

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** grants, provincial

**Legal status:** non-profit organization

**IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE**

1025 St-Jacques Street, Ville-Marie, Montréal, QC, H3C 1G8

**1 888 242-2100 TTY: 1 888 576-8502**

**Website:** [www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. \* Processing of immigration, asylum and study permit requests. \* Granting of citizenship. \* Issuing of travel documents and passports to Canadians. \* Promotion of multiculturalism. \* Checking an immigration or citizenship application status online: [www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html)

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Canada

**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191 TTY: 514 864-8158**

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

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

**Financing:** provincial

**Legal status:** provincial government agency

### QUALIFICATIONS QUÉBEC

338 Saint-Antoine Street East, Suite 303, Ville-Marie, Montréal, QC, H2Y 1A3

**1 844 737-4757 Fax:** 514 379-6415

**Website:** [qualificationsquebec.com](http://qualificationsquebec.com)

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

**Services:** Information on qualifications recognition procedures and referral to corresponding resources. \*

Personalized accompaniment and referrals.

**Eligibility:** applicants, employers, counsellors

**Coverage area:** Province of Québec

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

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

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

Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and

reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special

employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and

students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage

Earners Protection Program. \* State pensions and savings schemes. \* Online information for businesses:

business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to

mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial

programs and services: income support, emergency financial assistance, etc. \* Housing and family life support.

Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family

member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer

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

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

Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

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

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

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

**819 431-2570**

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

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

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: \$25

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

**Legal status:** non-profit organization

## Employment support for women

### CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 7**

**Website:** [criccentresud.org/projets/femmes-relais](http://criccentresud.org/projets/femmes-relais)

**Email:** [organisatricefr@criccentresud.org](mailto:organisatricefr@criccentresud.org)

**Services:** Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. \* Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. \* Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. \* CRIC certificate of training as an agente de liaison communautaire. \* Non-remunerated internship.

**Eligibility:** women of diverse origins who speak French and another language and wish to have work experience

**Capacity:** 12 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Tuesday and Thursday 13h00 to 16h00, from September to June

**Fees:** none, OPUS card refunded every month

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

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - EMPLOYABILITY SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

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

**Email:** [infoose@ydesfemmesmtl.org](mailto:infoose@ydesfemmesmtl.org)

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **Employment support for youth**

### **CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE**

460 Sainte-Catherine Boulevard West, Suite 602, Ville-Marie, Montréal, QC, H3B 1A7

**514 875-9770 Fax:** 514 875-9523

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

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

**Services:** \* Job search assistance. \* Back-to-school assistance. \* Artistic entrepreneurship assistance. \* Various activities in the youth district.

**Eligibility:** youth 16 to 35 years old

**Coverage area:** Ville-Marie, Westmount

**Hours:** Monday to Thursday 9h00 to 17h00, remotely: Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CYBERCAP**

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700 Fax:** 514 861-7700

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

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

**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

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

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

**GROUPE INFORMATION TRAVAIL**

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651** Fax: 514 526-1655

**Website:** www.groupeinfotravail.ca

**Email:** git@groupeinfotravail.ca

**Services:** Support for people suffering from social and professional exclusion. \* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** www.itineraire.ca/programme-maison-ronde/

**Email:** marilou.maisonneuve@itineraire.ca

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**SENTIER URBAIN**

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292** Fax: 514 596-7093

**Website:** www.sentierurbain.org

**Email:** info@sentierurbain.org

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL**

405 Sainte-Catherine Street East, Suite J-M320, Ville-Marie, Montréal, QC, H2L 2C4

**514 987-3000** Fax: 514 987-8932

**Website:** uqam.ca/en/information/about

**Services:** Public educational establishment at university level \* 1st, 2nd and 3rd cycle programs. \* Continuing and development training. \* Distance learning. \* Student residences. \* Service à la vie étudiante: click here \* On-line information and videos: demystifying and mastering stress, assertiveness, living with a disability, setting career goals, etc. \* Preparatory music school. \* Sports centre. \* Lifeguard and first-aid training. \* Research and creative units. \* Other regional campuses: Terrebonne, Laval, Longueuil and Saint-Constant. Student groups \* Student Parent Support Committee. \* UQAM First Nations Circle. \* Public Interest Research Group (GRIP-UQAM). \* Many other groups and resources available.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Fees:** lifeguard and first aid: free for bronze and general training

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**YES EMPLOYMENT AND ENTREPRENEURSHIP**

666 Sherbrooke Street West, Suite 700, Ville-Marie, Montréal, QC, H3A 1E7

**1 888 614-9788** Fax: 514 878-9950

**Website:** yesmontreal.ca

**Email:** info@yesmontreal.ca

**Services:** Community-driven English-language service provider that has been helping Quebecers find employment and develop as entrepreneurs. \* Individual career and employment counseling. \* Employment assistance program and workshops. \* Workshops for job seekers, entrepreneurs, and artists. \* One-on-one business coaching for artists and entrepreneurs. \* French classes. \* Online services.

**Eligibility:** job seekers 18 to 39 years old, services for entrepreneurs and artists: all ages

**Capacity:** 40 in centre, 100 online

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, evening workshops

**Fees:** none or minimal

**Financing:** self-financing

**Legal status:** non-profit organization

## Tax clinics

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION - TAX CLINIC

1445 Lambert-Closse Street, Ville-Marie, Montréal, QC, H3H 1Z5

**514 937-2341 ext. 0 Fax:** 514 937-2417

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

**Email:** [information@chezdoris.org](mailto:information@chezdoris.org)

**Services:** Tax clinic by document deposit.

**Eligibility:** women 18 years and over earning less than \$35,000 in 2024 for a single person or less than \$45,000 for a couple

**Coverage area:** Montréal Island

**Hours:** Clinic 2025: from March to April

**Fees:** none

**Financing:** municipal, provincial, federal, donations, foundations

**Legal status:** non-profit organization

### COMITÉ SOCIAL CENTRE-SUD - TAX CLINIC

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092 Fax:** 514 596-7093

**Website:** [comitesocialcentresud.wordpress.com](http://comitesocialcentresud.wordpress.com)

**Email:** [info@comite.social](mailto:info@comite.social)

**Services:** Tax clinic by appointment.

**Eligibility:** people with an income less than \$30,000

**Coverage area:** Centre-Sud (H2K and H2L postcodes only)

**Hours:** 2025 clinic: march and april, by appointment only

**Fees:** membership card: \$5

**Financing:** provincial, federal

**Legal status:** non-profit organization

### MAINS DU QUARTIER (LES) - TAX CLINIC

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1H3

**514 989-1735**

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

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** Year-round tax clinic.

**Eligibility:** people on a low income, immigrants, self-employed workers, general population

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday from 9h00 to 17h00, tax clinic: Friday 18h30 to 19h30

**Fees:** variable according to income

**Financing:** self-financing ,donations

**Legal status:** non-profit organization

## Vocational rehabilitation and disability-related employment

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax:** 514 845-2287

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

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

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 7**

**Website:** [criccentresud.org/projets/femmes-relais](http://criccentresud.org/projets/femmes-relais)

**Email:** [organisatricefr@criccentresud.org](mailto:organisatricefr@criccentresud.org)

**Services:** Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. \* Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. \* Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. \* CRIC certificate of training as an agente de liaison communautaire. \* Non-remunerated internship.

**Eligibility:** women of diverse origins who speak French and another language and wish to have work experience

**Capacity:** 12 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Tuesday and Thursday 13h00 to 16h00, from September to June

**Fees:** none, OPUS card refunded every month

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

**Legal status:** non-profit organization

### **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 113**

**Website:** [criccentresud.org/hommes-relais](http://criccentresud.org/hommes-relais)

**Email:** [hr@criccentresud.org](mailto:hr@criccentresud.org)

**Services:** Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. \* Program divided into three components: helping relationship, socio-professional integration and citizen involvement. \* Training twice a week on various topics: immigration 101, housing rights, job search process, accompaniment for immigrants, levels of governments, etc. \* 4-month social internship, part-time and non-remunerated, including obtaining two certifications.

**Eligibility:** immigrant men of all ages and statuses (permanent and temporary residents, citizens, non-citizens) who speak French (intermediate to advanced level) in addition to another language, and who want to gain work experience while seeking to integrate

**Capacity:** 15 places

**Coverage area:** Montréal



**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Monday and Wednesday 13h00 to 15h30

**Fees:** none, OPUS card refunded every month

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

**Legal status:** non-profit organization

### **CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax:** 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### **DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax:** 514 849-2411

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

**Email:** [laboussole@ymcaquebec.org](mailto:laboussole@ymcaquebec.org)

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

### **DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## ÉTAPE (L')

1001 De Maisonneuve Boulevard East, Suite 527, Ville-Marie, Montréal, QC, H2L 4P9

**514 526-0887 Fax:** 514 527-1028 **TTY:** 514 526-6126

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

**Email:** [letape@letape.org](mailto:letape@letape.org)

**Services:** Job integration and retention services for people living with disabilities.

**Eligibility:** people living with a physical, hearing or intellectual disability, autistic people

**Capacity:** 235 people per year

**Coverage area:** Montréal Island, Laval

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS

204 du Saint-sacrement Street, Suite 300, Ville-Marie, Montréal, QC, H2Y 1W8

**514 648-5858**

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

**Email:** [infos@fqjc.org](mailto:infos@fqjc.org)

**Services:** \* Support for social reintegration. \* Scholarships. \* Internships in companies. \* Support for group life. \* Intervention towards young drug users.

**Eligibility:** young offenders

**Coverage area:** Province of Québec

**Hours:** 9h00 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## GROUPE INFORMATION TRAVAIL

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651 Fax:** 514 526-1655

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

**Email:** [git@groupeinfotravail.ca](mailto:git@groupeinfotravail.ca)

**Services:** Support for people suffering from social and professional exclusion. \* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**MAGAZINE L'ITINÉRAIRE**

2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238 Fax: 514 597-1544**

**Website:** www.itineraire.ca

**Email:** courrier@itineraire.ca

**Services:** Street school-magazine with most of the editorial team and vendors coming from homeless communities.

**Eligibility:** vendors and people involved in integration programs

**Coverage area:** Greater Montréal

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

**Fees:** magazine: 3\$ per copy

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**MÉTA D'ÂME**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000 Fax: 514 527-6999**

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Drop-in and peer support centre. \* Accompaniment and support towards the achievement of the goals: steps related to health, social and economic reintegration. \* Transitional housing. \* Social housing with community support. \* Recreational activities and educational workshops. \* Advocacy. \*\* PROFAN 2.0 Program: training on preventing overdoses with Naloxone for users and their relatives. \* Naloxone kits distribution. \* Distribution of fentanyl test strips.

**Eligibility:** people who use or have used opioids

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 13h00 to 16h30

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI**

1259 Berri Street, 7th floor, Ville-Marie, Montréal, QC, H2L 4C7

**514 598-7474 Fax: 514 598-9194**

**Website:** projetmire.com

**Email:** info@projetmire.com

**Services:** Training and job placement program. \* Group workshops. \* Financial assistance. \* Social involvement. \* Basic computer courses. \* Support and follow-up for 2 years. \* Possibility of short-term internships. \* Job support.

**Eligibility:** adults with difficulty integrating or reintegrating the labour market

**Capacity:** 150 people per year

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 16h00, Tuesday 12h15 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### **MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** [welcomehallmission.com](http://welcomehallmission.com)

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

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

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

**Legal status:** non-profit organization

### **ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** [www.itineraire.ca/programme-maison-ronde/](http://www.itineraire.ca/programme-maison-ronde/)

**Email:** [marilou.maisonneuve@itineraire.ca](mailto:marilou.maisonneuve@itineraire.ca)

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

### **SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868 Fax:** 514 393-9848

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

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

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless. \* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

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

**Legal status:** non-profit organization

## SENTIER URBAIN

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292 Fax:** 514 596-7093

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

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

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Bees et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

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

**Fees:** none

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

**Legal status:** non-profit organization

## SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### SERVICES DE PLACEMENT HORIZON-TRAVAIL

666 Sherbrooke Street West, Suite 401, Ville-Marie, Montréal, QC, H3A 1E7

**514 933-1141 Fax:** 514 933-9359

**Website:** horizon-travail.org/en

**Email:** info@horizon-travail.org

**Services:** Workforce external service. \* Integration in the labour market of visually impaired persons or people living with a mental health problem. \* Support pertaining to job search, job search techniques and socio-professional integration. \* Adaptation of tasks in the work place and job retention. \* Help to obtain grants.

**Eligibility:** people living with a visual disability or a mental health problem

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### SPECTRE DE RUE

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700 Fax:** 514 528-1532

**Website:** www.spectrederue.org

**Email:** administration@spectrederue.org

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### YWCA MONTRÉAL - EMPLOYABILITY SERVICES

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

**Website:** www.ydesfemmesmtl.org/en

**Email:** infoose@ydesfemmesmtl.org

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS AND COOKING WORKSHOPS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**FOOD ASSISTANCE COORDINATION**

**LOW COST OR FREE MEALS**

**PREPARED MEALS AND MEALS-ON-WHEELS**



## Christmas basket

### CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

514 525-6611

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

### CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

438 525-1856

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

514 987-3000 ext. 5669

**Website:** [cspeuqam.com](http://cspeuqam.com)

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

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \*

Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

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

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

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD**

1710 Beaudry Street, Suite 1.14, Ville-Marie, Montréal, QC, H2L 3E7

**514 529-2626**

**Website:** [www.information-alimentaire-populaire-centre-sud.ca](http://www.information-alimentaire-populaire-centre-sud.ca)

**Email:** [info\\_alimentaire@yahoo.ca](mailto:info_alimentaire@yahoo.ca)

**Services:** \* Emergency food assistance for anyone in need. \* Regular food distribution for members. \* Christmas baskets. \* Telephone and in-person reception and referral.

**Eligibility:** people on a low income

**Capacity:** about 500 people per week

**Coverage area:** from Moreau Street East to Saint-Laurent Street and from the Saint-Lawrence River to Mont-Royal Street South

**Hours:** food aid: Wednesday and Friday 9h00 to 12h00, Thursday 14h00 to 16h00

**Fees:** emergency food assistance: free, annual membership card: \$7, plus \$3 for each distribution (first distribution is free)

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

**Legal status:** non-profit organization

**MAINS DU QUARTIER (LES)**

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

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

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

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

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

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MAISON PLEIN COEUR**

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** [maisonpleincoeur.org/programmes-et-activites](http://maisonpleincoeur.org/programmes-et-activites)

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

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS**

1401 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S3

**514 521-0095 ext. 125 Fax:** 514 521-3120

**Email:** [adjadm@ssvp-mtl.org](mailto:adjadm@ssvp-mtl.org)

**Services:** \* Food bags distribution. \* Christmas baskets.

**Eligibility:** people and families in need or on a low income

**Capacity:** maximum 3 times a year per household

**Coverage area:** from Sherbrooke Street to the north to Notre-Dame Street to the south and from Florian Street to the East to Saint-Hubert Avenue to the West

**Hours:** distribution: last 3 Wednesdays of the month, 13h30 to 15h00

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## Collective kitchens and cooking workshops

### ATELIER DES LETTRES EN ALPHABÉTISATION

1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7

**514 524-0507 Fax:** 514 524-0222

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

**Email:** [latelierdeslettres@outlook.com](mailto:latelierdeslettres@outlook.com)

**Services:** \* Reading, writing, calculation and computers workshops. \* Activities and projects. \* Public speaking. \* Newsletter from participants. \* Meetings. \* Community life: parties, community luncheons, collective kitchen, art workshops, outings.

**Eligibility:** person 18 years old and older

**Capacity:** 14

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439 Fax:** 514 521-5763

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

**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

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

**Legal status:** non-profit organization

### CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

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

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - RENCONTRES CUISINES**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

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

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

**Services:** Collective kitchens and culinary and urban farming educational workshops. \* Collective gardens. \* Youth component.

**Eligibility:** individuals and families on a low income, youth

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 9h30 to 16h30, activities in the daytime, evening and week-end

**Fees:** annual membership: \$5, collective kitchens: average of \$1.30 per serving, culinary and gardening workshops: \$5 for members, \$7 for non-members or voluntary contribution

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

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

### **COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092** Fax: 514 596-7093

**Website:** [comitesocialcentresud.wordpress.com](http://comitesocialcentresud.wordpress.com)

**Email:** [direction@comite.social](mailto:direction@comite.social)

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

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

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

**ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

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

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

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

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

**Email:** [innovation@direction.ca](mailto:innovation@direction.ca)

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**RELANCE JEUNES ET FAMILLES (LA)**

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

## Community gardens and markets

### CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - MARCHÉ SOLIDAIRE FRONTENAC

2570 Ontario Street, Ville-Marie, Montréal, QC, H2K 1L8

514 525-6611

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** Seasonal fresh, local and affordable fruits and vegetables market located outside Frontenac station.

\* Marché Frontenac: from late May to late October.

**Coverage area:** Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Ville-Marie

**Hours:** late May to late October: Monday to Friday 12h00 to 19h00, Saturday 10h00 to 17h00

**Fees:** 10% discount for members in a food-insecure situation and for active volunteers

**Financing:** municipal, donations, self-financing

**Legal status:** non-profit organization

### CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - RENCONTRES CUISINES

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

514 525-6611

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

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

**Services:** Collective kitchens and culinary and urban farming educational workshops. \* Collective gardens. \* Youth component.

**Eligibility:** individuals and families on a low income, youth

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 9h30 to 16h30, activities in the daytime, evening and week-end

**Fees:** annual membership: \$5, collective kitchens: average of \$1.30 per serving, culinary and gardening workshops: \$5 for members, \$7 for non-members or voluntary contribution

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

**Legal status:** non-profit organization

### CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

514 525-6611

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

**ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

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

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

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**ÉQUITERRE**

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

**1 877 272-6656 Fax:** 514 522-1227

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

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

**Services:** \* Awareness, education, and tips on mobility, agriculture, food, and consumption. \* Pairing of consumers with organic farms. \* Referrals for the purchase of fair trade products. \* Conferences.

**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

**MIDNIGHT KITCHEN**

3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7

**438 238-9907**

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

**Email:** [midnightkitchencollective@gmail.com](mailto:midnightkitchencollective@gmail.com)

**Services:** \* Vegan meal distribution: 3480 McTavish Street. \* Solidarity catering service for community events. \* Community garden: Burnside building, 805 Sherbrooke Street. \* Popular education. \* Funding of community events and initiatives.

**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students, community members, community organizations

**Coverage area:** Montréal Island

**Hours:** email reception: Monday to Thursday 11h00 to 16h00, meal service: see the calendar on their website, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

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

**Legal status:** non-profit organization

**ST. MICHAEL'S MISSION**

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127 Fax:** 514 844-0453

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

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



**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

## Food Assistance

### ADRIANNA ESPACE COLLECTIF

2400 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

514 527-8727

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

**Email:** [comptabilite@aecmtl.org](mailto:comptabilite@aecmtl.org)

**Services:** \* Food bank. \* Social reintegration. \* Subsidized housing. \* Public writer service: Help with writing or understanding a document, administrative service: filling out government forms and administrative procedures, employability service: resume writing, help with job application forms, social service: drafting applications for social assistance, social security, food security, family assistance, etc, informal service: writing letters or postcards for loved ones.

**Eligibility:** people on a low income over 18 years old

**Capacity:** 400 members

**Coverage area:** postal codes starting by H2K, H2L, H1V and H1W

**Hours:** Tuesday to Thursday 9h00 to 15h00, food delivery: Tuesday to Thursday, between 9h00 and 17h00, registration on site: Tuesday 12h30 to 15h00

**Fees:** membership card: free, \$5 per basket

**Financing:** provincial, municipal

**Legal status:** non-profit organization

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

1 855 909-9038 ext. 1

**Website:** [aideauxtrans.com/fr](http://aideauxtrans.com/fr)

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

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**AIDS COMMUNITY CARE MONTREAL**

2075 Plessis Street, basement, Ville-Marie, Montréal, QC, H2L 2Y4

**514 527-0928 Fax:** 514 527-0701

**Website:** accmontreal.org

**Email:** info@accmontreal.org

**Services:** Resource centre for people living with HIV-AIDS or hepatitis C. Support \* Case management: guidance and referral. \* Support groups led by a member and a counsellor. \* Thematic groups led by counsellors on serostatus disclosure and testimonies. Material assistance \* Safe sex materials. \* Food and dietary supplements buyers club, information on nutrition and treatments. Education \* Information on treatments. \* Education and prevention. \* Training and conferences on the medical and psychosocial aspects of HIV and hepatitis C. \* Educational workshops for schools, groups and community centres. \* Sex education toolkit for teachers. \* Naloxone kits distribution. \* Interventions in festive environments.

**Eligibility:** people of all ages living with HIV or hepatitis C, their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 11h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**ALIMA, PERINATAL SOCIAL NUTRITION CENTRE**

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375 Fax:** 514 937-7453

**Website:** www.dispensaire.ca

**Email:** info@centrealima.ca

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

**BAC ALIMENTAIRE (LE)**

405 Sainte-Catherine Street East, Suite J-2855, Ville-Marie, Montréal, QC, H2X 3X2

**Website:** boutiquesphere.ca

**Email:** bacalimentaire@spheredeservices.ca

**Services:** \* Food assistance.

**Eligibility:** Université du Québec à Montréal (UQÀM) students

**Capacity:** 250

**Coverage area:** Montréal Island

**Hours:** Thursday 13h00 to 17h30, Friday 10h00 to 12h00, September to May

**Fees:** \$10

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

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - ÉPICERIE POPULAIRE TROIS PANIERS**

2375 Sainte-Catherine Street East Est, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/our-services-and-activities/trois-paniers-grocery](http://www.carrefoursolidaire.org/en/our-services-and-activities/trois-paniers-grocery)

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

**Services:** Solidarity grocery store open to all. \* Three prices available for each product.

**Eligibility:** people and families on a low income, general population

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 11h00 to 19h00, Saturday and Sunday 10h00 to 17h00

**Fees:** variable according to income

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

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - MARCHÉ SOLIDAIRE FRONTENAC**

2570 Ontario Street, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** Seasonal fresh, local and affordable fruits and vegetables market located outside Frontenac station.

\* Marché Frontenac: from late May to late October.

**Coverage area:** Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Ville-Marie

**Hours:** late May to late October: Monday to Friday 12h00 to 19h00, Saturday 10h00 to 17h00

**Fees:** 10% discount for members in a food-insecure situation and for active volunteers

**Financing:** municipal, donations, self-financing

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

### **CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL**

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

**514 288-8314**

**Website:** [www.cerf-montreal.org](http://www.cerf-montreal.org)

**Email:** [cerfmontreal@gmail.com](mailto:cerfmontreal@gmail.com)

**Services:** \* Monthly food assistance for family members. \* Youth cooking workshop. \* Thrift store. \* Popular education. \* Tax clinic.

**Eligibility:** families and people on a low income

**Coverage area:** from Bleury to Atateken and from Sherbrooke to de la Commune

**Hours:** Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

**Fees:** food assistance: \$5 per month

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** [cspeuqam.com](http://cspeuqam.com)

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

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \*

Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

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

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### FONDATION OLO

550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2

**1 888 656-6372**

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

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

**Services:** \* Distribution of food supplements for pregnant people: eggs, milk, frozen vegetables and prenatal vitamins. \* Follow-up care for parents and families.

**Eligibility:** pregnant women on a low income

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

### FRIGO VERT (LE)

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

**438 387-7586**

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

**Email:** [yesfrigo@gmail.com](mailto:yesfrigo@gmail.com)

**Services:** Anti-capitalist, anti-colonial, anti-oppression food, alternative health, and community space serving Concordia university students and the wider Montreal community. \* Subsidized cafe with vegan and vegetarian food. \* Free use kitchenette and lounge. \* Community space with events that is bookable by the public. \* Free safer sex and drug use supplies. \* Pay What You Can Herbs, spices, and mushrooms. \* Wheelchair accessible trans friendly washroom with changing table for use without purchase.

**Eligibility:** Concordia students, community members, members of the LGBTQ+ community, members of marginalized communities

**Coverage area:** Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

**Hours:** Monday to Thursday 12h00 to 16h00

**Fees:** groceries, herbal medicines and consultation: voluntary contribution, membership fee for non-students: \$0 to \$100

**Financing:** self-financing

**Legal status:** non-profit organization

### INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD

1710 Beaudry Street, Suite 1.14, Ville-Marie, Montréal, QC, H2L 3E7

**514 529-2626**

**Website:** [www.information-alimentaire-populaire-centre-sud.ca](http://www.information-alimentaire-populaire-centre-sud.ca)

**Email:** [info\\_alimentaire@yahoo.ca](mailto:info_alimentaire@yahoo.ca)

**Services:** \* Emergency food assistance for anyone in need. \* Regular food distribution for members. \* Christmas baskets. \* Telephone and in-person reception and referral.

**Eligibility:** people on a low income

**Capacity:** about 500 people per week

**Coverage area:** from Moreau Street East to Saint-Laurent Street and from the Saint-Lawrence River to Mont-Royal Street South

**Hours:** food aid: Wednesday and Friday 9h00 to 12h00, Thursday 14h00 to 16h00

**Fees:** emergency food assistance: free, annual membership card: \$7, plus \$3 for each distribution (first distribution is free)

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

**Legal status:** non-profit organization

### INNOVATION YOUTH

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

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

**Email:** [innovation@direction.ca](mailto:innovation@direction.ca)

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

### **MAINS DU QUARTIER (LES)**

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** lesmainsduquartier.ca

**Email:** lesmainsduquartier@gmail.com

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

### **MAISON PLEIN COEUR**

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** maisonpleincoeur.org/programmes-et-activites

**Email:** info@maisonpleincoeur.org

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

### NOTRE DAME DE LA RUE

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### OPÉRATION SAC À DOS - VILLE-MARIE

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

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

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

**Services:** \* Distribution of backpacks, school furniture and insulated lunch boxes to children of families in need. \* Sale of perishable and non-perishable food items at a low cost during the distribution.

**Eligibility:** families in need

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 6h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** 10% of the cost of the groceries

**Financing:** self-financing, foundations, Centraide of Greater Montréal, fundraising campaigns, municipal, provincial, donations

**Legal status:** non-profit organization

### RELANCE JEUNES ET FAMILLES (LA)

2260 Ontario Street, Ville-Marie, Montréal, QC, H2K 1V8

**514 525-1508 ext. 243**

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

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

**Services:** Educational community organization. Childhood and family \* Daycare for 0 to 5-year-olds. \* Stimulation and motor skills activities for 1 to 5-year-olds. \* Program for 0 to 5-year-olds and 6 to 12-year-olds. \* Youth clubs for 4 to 5-year-olds and 6 to 12-year-olds. \* Program integrated into the primary schools of the neighbourhood. \* School support. \* Family follow-up. \* Global child development. \* Public education workshops. Support for parents \* Accompaniment and psychosocial follow-up. \* Family activities and outings. \* Y'APP: parenting skills program. \* Breastfeeding drop-in. Food \* Community kitchen.

**Eligibility:** children 0 to 12 years old and their parents

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 8h30 to 17h00, daycare: Monday, Tuesday, Thursday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 8h30 to 12h00 and 13h00 to 15h30

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

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

**Legal status:** non-profit organization

### ROUNDHOUSE (THE)

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** [www.itineraire.ca/programme-maison-ronde/](http://www.itineraire.ca/programme-maison-ronde/)

**Email:** [marilou.maisonneuve@itineraire.ca](mailto:marilou.maisonneuve@itineraire.ca)

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

### SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS

1401 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S3

**514 521-0095 ext. 125 Fax:** 514 521-3120

**Email:** [adjadm@ssvp-mtl.org](mailto:adjadm@ssvp-mtl.org)

**Services:** \* Food bags distribution. \* Christmas baskets.

**Eligibility:** people and families in need or on a low income

**Capacity:** maximum 3 times a year per household

**Coverage area:** from Sherbrooke Street to the north to Notre-Dame Street to the south and from Florian Street to the East to Saint-Hubert Avenue to the West

**Hours:** distribution: last 3 Wednesdays of the month, 13h30 to 15h00

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### ST. MICHAEL'S MISSION

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127 Fax:** 514 844-0453

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

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

**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none



**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

### TEMPORARY SHELTER - HÔTEL DES ARTS

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** [montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983](http://montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983)

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

**Services:** Emergency shelter with high accessibility threshold for homeless indigenous people. \* Layout allowing the admission of people with reduced mobility, couples and intoxicated people. \* Bathrooms and showers. \* Air-conditioned.

**Eligibility:** indigenous people over 18 years old

**Capacity:** 60 places

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, municipal

**Legal status:** parapublic organization

### THE PEOPLE'S POTATO

1455 de Maisonneuve Boulevard West, Suite H-711, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8

**514 848-2424 ext. 7590**

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

**Email:** [peoplespotato@gmail.com](mailto:peoplespotato@gmail.com)

**Services:** Vegan and vegetarian community kitchen and emergency food baskets.

**Eligibility:** general public

**Capacity:** food baskets: 100, lunch service: 500

**Coverage area:** Montréal Island

**Hours:** meal service: Monday to Thursday 12h30 to 13h30, emergency food baskets: see website for dates and time

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Food aid for pregnant women and children

### ALIMA, PERINATAL SOCIAL NUTRITION CENTRE

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375 Fax: 514 937-7453**

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

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

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

**FONDATION OLO**

550 Sherbrooke Street West, East Tower, Suite 230, Ville-Marie, Montréal, QC, H3A 3C2

**1 888 656-6372**

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

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

**Services:** \* Distribution of food supplements for pregnant people: eggs, milk, frozen vegetables and prenatal vitamins. \* Follow-up care for parents and families.

**Eligibility:** pregnant women on a low income

**Coverage area:** Province of Québec

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

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**Food assistance coordination****ACCUEIL BONNEAU - USED ITEMS RECOVERY**

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 ext. 222**

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

**Email:** [gestionnaire.saa@accueilbonneau.com](mailto:gestionnaire.saa@accueilbonneau.com)

**Services:** \* On-site recovery of perishable and non-perishable food, clothes and books. \* Most wanted items: winter boots, razors, belts, boxer shorts, jean pants, long-sleeved sweaters, hoodies, shoes, gloves and warm socks.

**Coverage area:** Montréal Island

**Hours:** donation reception: Monday to Friday 8h00 to 14h00, Saturday and Sunday 7h00 to 12h00, Go the garage door on the right side of the building

**Financing:** donations, grants

**Legal status:** non-profit organization

**ALIMA, PERINATAL SOCIAL NUTRITION CENTRE**

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375 Fax: 514 937-7453**

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

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

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

**AU COUP DE POUCE CENTRE-SUD**

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439 Fax: 514 521-5763**

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

**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

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

**Legal status:** non-profit organization

## CAFÉ L'ITINÉRAIRE

2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238** Fax: 514 597-1544

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

**Email:** [courrier@itineraire.ca](mailto:courrier@itineraire.ca)

**Services:** Place for meeting and discussion. \* Referral. \* Meals for members and vendors only. \* On-site donation recovery: warm socks, mittens and gloves, hats, hand warmers, scarves, warm boots, easy to transport snacks (granola bars, fruit purees, cheese, yogourt and fruits), feminine hygiene products.

**Eligibility:** L'itinéraire magazine vendors and members

**Capacity:** 30 people

**Coverage area:** Greater Montréal

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

**Fees:** meals: \$6 or voucher

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

## CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

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

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

## CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

**514 288-8314**

**Website:** [www.cerf-montreal.org](http://www.cerf-montreal.org)

**Email:** [cerfmontreal@gmail.com](mailto:cerfmontreal@gmail.com)

**Services:** \* Monthly food assistance for family members. \* Youth cooking workshop. \* Thrift store. \* Popular education. \* Tax clinic.

**Eligibility:** families and people on a low income

**Coverage area:** from Bleury to Atateken and from Sherbrooke to de la Commune

**Hours:** Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

**Fees:** food assistance: \$5 per month

**Financing:** provincial, donations

**Legal status:** non-profit organization

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

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

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

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

### DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

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

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** \* Recovery of donations: non-perishable food, clothing for young adults and appliances. \* Appliance pick-up.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE

2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6

**514 521-2234**

**Email:** [stmi1911@gmail.com](mailto:stmi1911@gmail.com)

**Services:** \* Donations of non-perishable food, hygiene products, baby diapers and medicines for Ukrainian refugees.

**Eligibility:** Ukrainian refugees

**Coverage area:** Greater Montréal

**Hours:** Tuesday 11h00 to 17h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

**Website:** entraideléotheoret.ca

**Email:** info@entraideléotheoret.org

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### **GROUPE COMMUNAUTAIRE L'ITINÉRAIRE**

2103 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238 Fax: 514 597-1544**

**Website:** itineraire.ca

**Email:** direction@itineraire.ca

**Services:** Accompaniment of marginalized people. \* Publication of L'itinéraire magazine. \* The Roundhouse Café: job integration for Indigenous people, meal vouchers and meals for homeless people. \* Café L'itinéraire: place of meeting and exchange, referral, meals for members and vendors of L'itinéraire. \* Sale and distribution of meal vouchers for full meals at partner restaurants. \* Tax clinic for members.

**Eligibility:** homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need

**Capacity:** 30 people

**Coverage area:** Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton

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

**Fees:** solidarity meal voucher: \$6

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

### **INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**MAISON DU PÈRE (LA)**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168** Fax: 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

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

**Services:** \* Housing for social reintegration. \* J.-A. De Sève: residence for homeless seniors. \* Housing maintenance with social guidance. \* Reception and housing centre in referencing. \* Shelter. \* Food donations. \* Clothing donations for people who use the organizations' services. \* Health care with convalescence and palliative care beds. \* Social accompaniment: assistance with obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification centre. \* Compensatory work. \* Bank counter for exchanging welfare checks for people with no bank account.

**Eligibility:** homeless men 25 years old and over wanting to undertake social reintegration procedures

**Capacity:** 487 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

**NOTRE DAME DE LA RUE**

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 866-6591 ext. 0** Fax: 514 866-5134

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

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

**Services:** Group of pavilions offering shelter, housing, clothing and meals. \* Job search assistance. \* Community service opportunity. \* Specialized services for homeless adults. \* Mental health pavilion. \* Job search terminal. \* Recovery of food donations on site. \* Shuttle service for homeless people to services and shelters in cold weather. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Bonhomme à lunettes service point at the Webster Pavilion (915 Clark Street, Montréal).

**Eligibility:** people experiencing homelessness

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

**Financing:** donations

**Legal status:** non-profit organization

**QUÉBEC COLLECTIVE KITCHENS ASSOCIATION**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 866 529-3448 Fax:** 514 529-1359

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

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

**Services:** Promotes development, consolidation and concertation of collective kitchens across the province of Québec. \* Accompaniment to members. \* Start-up support and training about economic, political and social realities and other topics concerning members. \* List of collective kitchens in Québec:

[www.rccq.org/en/members](http://www.rccq.org/en/members) \* Liaison newsletters, daily information and documentation centre.

**Eligibility:** groups wanting to start collective kitchens, member groups, general public

**Coverage area:** Province of Québec

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

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

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL**

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 Fax:** 514 526-5930

**Website:** [ssvp-mtl.org/en](http://ssvp-mtl.org/en)

**Email:** [adjadm@ssvp-mtl.org](mailto:adjadm@ssvp-mtl.org)

**Services:** \* Assistance with basic needs: food, clothing, furniture, school supplies. \* Assistance on a personal level: listening, accompaniment, referral, work reintegration. \* Recovery of material goods to help victims of disaster. \* To find your neighbourhood's service point: [ssvp-mtl.org/en/food-aid](http://ssvp-mtl.org/en/food-aid) \* Bonhomme à lunettes service point.

**Eligibility:** individuals and families on a low income, people experiencing food and economic insecurity

**Coverage area:** Montréal, Laval, MRC L'Assomption

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

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**ST-JAMES DROP-IN CENTRE**

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

**514 288-0039 Fax:** 514 529-0090

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

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

**Services:** \* Day centre: socialization place, access to a phone line, recreational and artistic activities. \* Clothing exchange service, showers and meals. \* Psychosocial services, reintegration process accompaniment and employment training program. \* Referrals.

**Eligibility:** homeless people living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

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

**Fees:** food bags: \$5 per month (maximum of 4)

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

**Legal status:** non-profit organization

**TEMPORARY SHELTER - HÔTEL DES ARTS**

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** [montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983](http://montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983)

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

**Services:** Emergency shelter with high accessibility threshold for homeless indigenous people. \* Layout allowing the admission of people with reduced mobility, couples and intoxicated people. \* Bathrooms and showers. \* Air-conditioned.

**Eligibility:** indigenous people over 18 years old

**Capacity:** 60 places

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, municipal

**Legal status:** parapublic organization

## THE PEOPLE'S POTATO

1455 de Maisonneuve Boulevard West, Suite H-711, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8

**514 848-2424 ext. 7590**

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

**Email:** [peoplespotato@gmail.com](mailto:peoplespotato@gmail.com)

**Services:** Vegan and vegetarian community kitchen and emergency food baskets.

**Eligibility:** general public

**Capacity:** food baskets: 100, lunch service: 500

**Coverage area:** Montréal Island

**Hours:** meal service: Monday to Thursday 12h30 to 13h30, emergency food baskets: see website for dates and time

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Low cost or free meals

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax: 514 845-2287**

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

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

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization



**ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 878-0847 Fax:** 514 878-0452

**Website:** www.acv-montreal.com

**Email:** info@acv-montreal.com

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

**ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC**

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7

**514 847-0067 ext. 207 Fax:** 514 847-0601

**Website:** cactusmontreal.org/soutien-aux-personnes-trans

**Email:** astteqcoordination@cactusmontreal.org

**Services:** \* Peer support and accompaniment to appointments at clinics, hospitals, legal offices, court dates and social services. \* Assistance in accessing information regarding legal issues and procedures, such as criminal and penal charges, criminal records, arrest warrants, conditions before court appearances, legal aid, trans-affirmative legal representation. \* Assistance in applying for a change of name and sex designation, refugee status, permanent residency, citizenship, work permits, record suspensions, and compensatory community service work. \* Assistance in understand and evaluating legal risks related to criminalization. \* Monthly community dinner, monthly drop-ins, periodic cultural and educational activities and skill-sharing workshops. \* Referral to trans-affirmative health care (hormone therapy, HIV treatment, and sexual health). \* Distribution of harm reduction supplies (syringes, needles, pipes, filters, kit sniff, filters, condoms and lube), recovery of harm reduction material, distribution of sharps containers, distribution of hormone therapy injection materials, distribution of fentanyl testing kits and distribution of naloxone kits. \* Street and outreach work to trans sex workers' homes, workplaces and community spaces. \* Visit to community members after surgeries or in long-term care homes. \* Substance analysis service, offered by Checkpoint/Cactus.

**Eligibility:** transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

**Coverage area:** Province of Québec

**Hours:** office: variable hours, community dinner: last Monday of the month

**Fees:** none

**Financing:** municipal, federal, donations

**Legal status:** non-profit organization

**ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE**

Confidential Address

**514 730-8870**

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

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

**Legal status:** non-profit organization

### ATELIER DES LETTRES EN ALPHABÉTISATION

1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7

**514 524-0507 Fax:** 514 524-0222

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

**Email:** [latelierdeslettres@outlook.com](mailto:latelierdeslettres@outlook.com)

**Services:** \* Reading, writing, calculation and computers workshops. \* Activities and projects. \* Public speaking. \* Newsletter from participants. \* Meetings. \* Community life: parties, community luncheons, collective kitchen, art workshops, outings.

**Eligibility:** person 18 years old and older

**Capacity:** 14

**Coverage area:** Montréal Island

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

**Financing:** provincial

**Legal status:** non-profit organization

### CANTINE DES OEUVRES DE SAINT-JACQUES (LA)

430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5

**438 395-2826**

**Website:** [cantinestjacques.com](http://cantinestjacques.com)

**Email:** [cantine.st.jacques@gmail.com](mailto:cantine.st.jacques@gmail.com)

**Services:** \* Community meals at low cost. \* Movie nights.

**Eligibility:** people isolated and in need, homeless people

**Capacity:** 60 people

**Coverage area:** Downtown Montréal

**Hours:** dinner: Monday to Friday 17h00 to 18h00

**Fees:** dinner: \$4

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

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

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

### **CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL**

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

**1 833 673-2746**

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

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

**Services:** \* Reception, analysis and referral. \* Individual psychosocial intervention. \* Coffee-meetings: self-help groups. \* Theme groups: anger management, stress management, life review and life projects. \* Workshops: education and discussion on various topics. \* Living environment: leisure activities, men's outings, community meals.

**Eligibility:** men, people identifying themselves as men

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 18h00, activities: variable, including evenings

**Fees:** suggested contribution based on ability to pay

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

### **CHEZ DORIS, WOMEN'S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

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

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

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

### **CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### CHRIST CHURCH CATHEDRAL

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 843-6577 ext. 241 Fax:** 514 843-6344

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

**Email:** [administrator@montrealcathedral.ca](mailto:administrator@montrealcathedral.ca)

**Services:** \* Lunch every last Sunday of the month.

**Eligibility:** people in need

**Capacity:** 120 people

**Coverage area:** Downtown

**Hours:** office: Monday to Friday 9h00 to 17h00, lunch: last Sunday of the month at 12h30

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### COMITÉ SOCIAL CENTRE-SUD

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092 Fax:** 514 596-7093

**Website:** [comitesocialcentresud.wordpress.com](http://comitesocialcentresud.wordpress.com)

**Email:** [direction@comite.social](mailto:direction@comite.social)

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

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

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

### DANS LA RUE - CHEZ POPS

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

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

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

### DANS LA RUE - THE VAN

533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 520-7677 Fax:** 514 526-5445

**Website:** danslarue.org/en/

**Email:** info@danslarue.org

**Services:** Street work. \* Listening, support and referral. \* Meals and donation of food, clothing and basic hygiene items. \* First stop: 20h15 to 20h45, Morgan Avenue and Sainte-Catherine Street. \* Second stop: 21h00 to 21h15, Langelier station. \* Third stop: 21h30 to 22h10, Frontenac station. \* Fourth stop: 22h45 to 23h15, du Mont-Royal Avenue and Saint-Hubert Street. \* Last stop: 23h30 to 00h15, Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).

**Eligibility:** street people 25 years old and under

**Capacity:** 150 people per night

**Coverage area:** Centre-Sud, Plateau Mont-Royal, Hochelaga-Maisonneuve, Downtown

**Hours:** van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

**Website:** entraideleothoret.ca

**Email:** info@entraideleothoret.org

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazaar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### FRIGO VERT (LE)

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

**438 387-7586**

**Website:** www.lefrigovert.org

**Email:** yesfrigo@gmail.com

**Services:** Anti-capitalist, anti-colonial, anti-oppression food, alternative health, and community space serving Concordia university students and the wider Montreal community. \* Subsidized cafe with vegan and vegetarian food. \* Free use kitchenette and lounge. \* Community space with events that is bookable by the public. \* Free safer sex and drug use supplies. \* Pay What You Can Herbs, spices, and mushrooms. \* Wheelchair accessible trans friendly washroom with changing table for use without purchase.

**Eligibility:** Concordia students, community members, members of the LGBTQ+ community, members of marginalized communities

**Coverage area:** Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

**Hours:** Monday to Thursday 12h00 to 16h00

**Fees:** groceries, herbal medicines and consultation: voluntary contribution, membership fee for non-students: \$0 to \$100

**Financing:** self-financing

**Legal status:** non-profit organization

### **GROUPE COMMUNAUTAIRE L'ITINÉRAIRE**

2103 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238 Fax:** 514 597-1544

**Website:** itineraire.ca

**Email:** direction@itineraire.ca

**Services:** Accompaniment of marginalized people. \* Publication of L'itinéraire magazine. \* The Roundhouse Café: job integration for Indigenous people, meal vouchers and meals for homeless people. \* Café L'itinéraire: place of meeting and exchange, referral, meals for members and vendors of L'itinéraire. \* Sale and distribution of meal vouchers for full meals at partner restaurants. \* Tax clinic for members.

**Eligibility:** homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need

**Capacity:** 30 people

**Coverage area:** Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton

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

**Fees:** solidarity meal voucher: \$6

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

### **GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES**

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

**514 523-0979 Fax:** 514 523-3075

**Website:** geipsi.ca

**Email:** info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

### **HERSTREET**

1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7

**514 284-9665 Fax:** 514 284-6570

**Website:** www.laruedesfemmes.org/en

**Email:** info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. \* Day centre: meals, rest areas and relational health care. \* Support, counselling, crisis intervention, individual counselling, referral and accompaniment. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Distribution of menstrual hygiene products. \* Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. \* Short, medium or long term shelter and emergency beds.

**Eligibility:** women experiencing homelessness or difficulty

**Capacity:** Olga's emergency shelter: 9 beds

**Coverage area:** Greater Montréal

**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h00 to 15h00, lunch 11h30 to 12h45, meals served at the door: breakfast 8h00 to 9h15, dinner 17h00 to 18h00

**Fees:** meals at the day centre and emergency shelter: none

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

**Legal status:** non-profit organization

### HÔPITAL NOTRE-DAME - CAFETERIA

1560 Sherbrooke East Street, Pavillon Deschamps, Ville-Marie, Montréal, QC, H2L 4M1

**514 413-8777 ext. 127166**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame)

**Email:** [servicesalimentaires.ccsmtl@ssss.gouv.qc.ca](mailto:servicesalimentaires.ccsmtl@ssss.gouv.qc.ca)

**Services:** Cafeteria. \* Hot meals. \* Frozen meals to go.

**Capacity:** 40

**Coverage area:** Province of Québec, mainly around Notre-Dame Hospital

**Hours:** Monday to Friday 6h30 to 19h30, Saturday and Sunday 7h00 to 19h00

**Fees:** plate of the day: \$4.75 to \$5.25, frozen main dishes: \$6.75 for 2 servings, \$12 for 4 servings

**Financing:** provincial

**Legal status:** non-profit organization

### MAINS DU QUARTIER (LES)

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

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

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

### MISSIONARIES OF CHARITY

2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9

**514 524-6372**

**Services:** \* Soup kitchen. \* Home visits for families and seniors.

**Eligibility:** people in need

**Coverage area:** Montréal Island

**Hours:** soup kitchen: 15h30 to 18h00 everyday, except on Thursday

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax: 514 499-9436**

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

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

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

## NOTRE DAME DE LA RUE

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## PAS DE LA RUE (LE)

1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1699** Fax: 514 526-1411

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

**Email:** [coordo@pasedelarue.org](mailto:coordo@pasedelarue.org)

**Services:** Outreach proximity intervention. \* Day centre: welcoming, socialization, respite, information, activities, exchanges and outings, soup and snacks. \* Listening, referral, helping relationship. \* Nurse clinic. \* Food safety. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Subsidized housing with community support program. \* Tax clinic.

**Eligibility:** people 55 years old and over who are homeless or in a very precarious situation, subsidized housing: people admitted to the day centre, gross income less than \$20,000

**Capacity:** 80

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 15h00, open on holidays

**Financing:** donations, foundations, grants

**Legal status:** non-profit organization



## PROJETS AUTOCHTONES DU QUÉBEC

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P7

514 879-3310

**Website:** paqc.org/en

**Email:** info@paqc.org

**Services:** \* Crisis intervention. \* Warm meals. \* Safe Start Program: holistic support to Indigenous people who just arrived in the city. \* Emergency shelters: separate floors for men and women. \* Transitional housing with help for obtaining social assistance. \* Managed Alcohol Program: house for men. \* Assistance with social reintegration procedures. \* Legal and medical support with external partners. \* Group activities. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday, 9h00 to 17h00, shelter: 7 days, 17h00 to 8h30

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## REFUGE DES JEUNES DE MONTRÉAL

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

514 849-4221 ext. 2 Fax: 514 849-8564

**Website:** www.refugedesjeunes.org/en

**Email:** refuge@refugedesjeunes.org

**Services:** Temporary shelter for about a month. \* Emergency shelter. \* Breakfast and dinner. \* Individual meetings and referral. \* Follow-up. \* Possibility of access to social housing with community support. \* Food assistance for clients. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless people identifying as men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 23 studios

**Coverage area:** Greater Montréal

**Hours:** 7 days, evening: starting at 18h00

**Fees:** shelter: free

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

## ROUNDHOUSE (THE)

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

514 872-9465

**Website:** www.itineraire.ca/programme-maison-ronde/

**Email:** marilou.maisonneuve@itineraire.ca

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868** Fax: 514 393-9848

**Website:** lesacados.org

**Email:** info@lesacados.org

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless.

\* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

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

**Legal status:** non-profit organization

**ST. MICHAEL'S MISSION**

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127** Fax: 514 844-0453

**Website:** stmichaelsmission.ca

**Email:** info@stmichaelsmission.ca

**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

**THE PEOPLE'S POTATO**

1455 de Maisonneuve Boulevard West, Suite H-711, 7th floor, Ville-Marie, Montréal, QC, H3G 1M8

**514 848-2424 ext. 7590**

**Website:** www.peoplespotato.com

**Email:** peoplespotato@gmail.com

**Services:** Vegan and vegetarian community kitchen and emergency food baskets.

**Eligibility:** general public

**Capacity:** food baskets: 100, lunch service: 500

**Coverage area:** Montréal Island

**Hours:** meal service: Monday to Thursday 12h30 to 13h30, emergency food baskets: see website for dates and time

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

## Prepared meals and Meals-on-wheels

### ACTION CENTRE-VILLE

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 878-0847 Fax:** 514 878-0452

**Website:** www.acv-montreal.com

**Email:** info@acv-montreal.com

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** www.awcm.ca

**Email:** info@awcm.ca

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439 Fax:** 514 521-5763

**Website:** www.aucoupdepouce.qc.ca

**Email:** animateurs@aucoupdepouce.qc.ca

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

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

**Legal status:** non-profit organization

### **CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

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

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

### **ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

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

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

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### **HÔPITAL NOTRE-DAME - CAFETERIA**

1560 Sherbrooke East Street, Pavillon Deschamps, Ville-Marie, Montréal, QC, H2L 4M1

**514 413-8777 ext. 127166**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame)

**Email:** [servicesalimentaires.ccsmtl@ssss.gouv.qc.ca](mailto:servicesalimentaires.ccsmtl@ssss.gouv.qc.ca)

**Services:** Cafeteria. \* Hot meals. \* Frozen meals to go.

**Capacity:** 40

**Coverage area:** Province of Québec, mainly around Notre-Dame Hospital

**Hours:** Monday to Friday 6h30 to 19h30, Saturday and Sunday 7h00 to 19h00

**Fees:** plate of the day: \$4.75 to \$5.25, frozen main dishes: \$6.75 for 2 servings, \$12 for 4 servings

**Financing:** provincial

**Legal status:** non-profit organization

**MIDNIGHT KITCHEN**

3480 McTavish Street, Ville-Marie, Montréal, QC, H3A 0E7

**438 238-9907**

**Website:** midnightkitchen.org

**Email:** midnightkitchencollective@gmail.com

**Services:** \* Vegan meal distribution: 3480 McTavish Street. \* Solidarity catering service for community events. \* Community garden: Burnside building, 805 Sherbrooke Street. \* Popular education. \* Funding of community events and initiatives.

**Eligibility:** meal distribution: McGill students and non-students with financial difficulties or living with disabilities, a chronic illness, mental health problem or other impairments, other services: students, community members, community organizations

**Coverage area:** Montréal Island

**Hours:** email reception: Monday to Thursday 11h00 to 16h00, meal service: see the calendar on their website, community garden: May to October at Burnside building, 805 Sherbrooke Street

**Fees:** none

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

**Legal status:** non-profit organization

**Government services**

**DEPUTIES**

**FEDERAL SERVICES**

**INCOME STATEMENTS**

**MUNICIPAL SERVICES**

**OFFICIAL DOCUMENTS**

**PROVINCIAL SERVICES**

## Deputies

### NATIONAL ASSEMBLY - CABINET MINISTERS

770 Sherbrooke Street West, 4th floor, Ville-Marie, Montréal, QC, H3A 1G1

**418 643-5321** Fax: 418 646-1854

**Website:** [www.assnat.qc.ca/en/deputes/fonctions-parlementaires-ministerielles/conseil-ministres.html](http://www.assnat.qc.ca/en/deputes/fonctions-parlementaires-ministerielles/conseil-ministres.html)

**Services:** Cabinet.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## Federal services

### CANADA BORDER SERVICES AGENCY

400 Place d'Youville, Ville-Marie, Montréal, QC, H2Y 2C2

**1 800 461-9999** TTY: 1 866 335-3237

**Website:** [cbsa-asfc.gc.ca](http://cbsa-asfc.gc.ca)

**Email:** [contact@cbsa.gc.ca](mailto:contact@cbsa.gc.ca)

**Services:** Access management of persons and merchandises coming in or out of Canada. \* Border control. \* Law and regulation enforcement relative to Canadian borders. \* Collection of applicable fees and taxes on imported goods. \* Detention and expulsion of prohibited or susceptible to be a treat persons. \* Food inspection and promotion of commercial exchanges. \* Waiting time at borders: [www.cbsa-asfc.gc.ca/bwt-taf/menu-eng.html](http://www.cbsa-asfc.gc.ca/bwt-taf/menu-eng.html)

**Coverage area:** Canada

**Hours:** Monday to Friday 7h00 to 20h00, Saturday and Sunday 10h00 to 18h00

**Financing:** federal

**Legal status:** federal government agency

### CANADA CHILD BENEFIT

Confidential Address

**1 800 387-1193**

**Website:** [www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html)

**Services:** Assistance to families. \* Tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. \* Includes the Child disability benefit and any related provincial and territorial programs.

**Eligibility:** families on a low income with children under 18 years old

**Coverage area:** Canada

**Hours:** phone service: Monday to Friday 6h30 to 23h00, Saturday 7h30 to 20h00

**Financing:** federal

**Legal status:** federal government agency

### COMMISSION D'ACCÈS À L'INFORMATION DU QUÉBEC - MONTRÉAL OFFICE

2045 Stanley Street, Suite 900, Ville-Marie, Montréal, QC, H3A 2V4

**514 873-4196** Fax: 514 844-6170

**Website:** [www.cai.gouv.qc.ca/english](http://www.cai.gouv.qc.ca/english)

**Email:** [cai.communications@cai.gouv.qc.ca](mailto:cai.communications@cai.gouv.qc.ca)

**Services:** \* Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information. \* Monitoring and processing of applications for review and examination of disagreements.

**Eligibility:** citizens, associations, public organizations, businesses

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## DEPARTMENT OF JUSTICE CANADA

Québec Regional Office, Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, East Tower, 9th floor, Ville-Marie, Montréal, QC, H2Z 1X4

**514 283-4934 Fax:** 514 496-7876 **TTY:** 613 992-4556

**Website:** [www.justice.gc.ca/eng](http://www.justice.gc.ca/eng)

**Email:** [webadmin@justice.gc.ca](mailto:webadmin@justice.gc.ca)

**Services:** Administration of justice and policy issues in the fields of law. \* Law drafting and reform. \* Legal services and counselling to the government and other departments. \* Conducts all litigation for the federal government. \* Legal information about family and criminal law.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

## ÉLECTIONS MONTRÉAL

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**514 872-8683 Fax:** 514 872-5655

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

**Email:** [elections@montreal.ca](mailto:elections@montreal.ca)

**Services:** Montreal election organization. \* Online map of electoral districts. \* Regulations on electoral districts. \* Information on the list of electors registration. \* Information on the procedures for regular and advance voting. \* Electoral lexicon.

**Coverage area:** Montréal

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

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA

Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**Website:** [www.canada.ca/en/employment-social-development.html](http://www.canada.ca/en/employment-social-development.html)

**Services:** Assumes governmental responsibilities relative to employment, income security and social development. \* Management of federal jurisdiction social programs, namely Old Age Security. \* Job bank. \* Work field regulation.

**Coverage area:** Canada

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

**Financing:** federal

**Legal status:** federal government agency

## HEALTH CANADA

200 René Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4

**1 866 225-0709 Fax:** 613 941-5366 **TTY:** 1 800 465-7735

**Website:** [www.canada.ca/en/health-canada.html](http://www.canada.ca/en/health-canada.html)

**Email:** [hcinfo.infosc@canada.ca](mailto:hcinfo.infosc@canada.ca)

**Services:** Ministry in charge of health care services and the reduction of health risks. \* Modernization of the health care system. \* Health promotion and prevention of diseases. \* Canada's food guide: [www.food-guide.canada.ca/en](http://www.food-guide.canada.ca/en)

**Coverage area:** Canada

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

**Financing:** federal

**Legal status:** federal government agency



**IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE**

1025 St-Jacques Street, Ville-Marie, Montréal, QC, H3C 1G8

**1 888 242-2100** TTY: 1 888 576-8502

**Website:** [www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. \* Processing of immigration, asylum and study permit requests. \* Granting of citizenship. \* Issuing of travel documents and passports to Canadians. \* Promotion of multiculturalism. \* Checking an immigration or citizenship application status online: [www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html)

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Canada

**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00

**Financing:** federal

**Legal status:** federal government agency

**INSTITUT DE LA STATISTIQUE DU QUÉBEC - INFORMATION AND DOCUMENTATION CENTRE**

1200 McGill College Avenue, 5th floor, Ville-Marie, Montréal, QC, H3B 4J8

**1 800 463-4090**

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

**Services:** Collection of available statistics on Québec. \* General statistical information. \* Statistical publications.

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DES TRANSPORTS ET DE LA MOBILITÉ DURABLE**

500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7

**1 888 355-0511** Fax: 514 873-7886

**Website:** [www.transports.gouv.qc.ca/en](http://www.transports.gouv.qc.ca/en)

**Services:** Assumes governmental responsibilities relative to road, rail and maritime infrastructures, and regulation of modes of transport. \* Roads regulation, security and signs. \* Counseling to transportation businesses. \* Maintenance and improvement of existing transportation networks.

**Coverage area:** Province of Québec

**Hours:** phone service: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency

**MONTRÉAL PASSPORT CANADA OFFICE**

200 René-Lévesque Boulevard West, Suite 103, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 567-6868** TTY: 1 866 255-7655

**Website:** [www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html)

**Services:** Issuance of Canadian passports and other travel documents.

**Coverage area:** Canada

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

**Fees:** variable, according to the type of passport

**Financing:** federal

**Legal status:** federal government agency

**NON-INSURED HEALTH BENEFITS**

200 René-Lévesque Boulevard West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 483-1575 Fax:** 514 283-7762

**Website:** [www.sac-isc.gc.ca/eng/1576790320164/1576790364553](http://www.sac-isc.gc.ca/eng/1576790320164/1576790364553)

**Services:** Coverage for a range of health benefits for eligible First Nations and Inuit clients who are not covered by social programs, private insurance plans or provincial or territorial health insurance plans. \* Vision care. \* Dental care. \* Mental health counselling. \* Medical equipment and supplies. \* Prescription drugs and certain over-the-counter products. \* Medical transportation not available on reserve or in community of residence. \* Reimbursement process: [www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206](http://www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206) \* How to appeal a decision: [www.sac-isc.gc.ca/eng/1579792696583/1579792732972](http://www.sac-isc.gc.ca/eng/1579792696583/1579792732972)

**Eligibility:** First Nations, Inuit

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** federal

**Legal status:** federal government agency

**OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA**

Confidential Address

**1 877 376-9902 Fax:** 514 283-9795

**Website:** [www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home](http://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home)

**Services:** Requests for information, referral and complaints concerning the bankruptcy process and its accessibility. \* Online repertory of Licensed Insolvency Trustees:

[www.ic.gc.ca/app/osb/tds/search.html?lang=eng](http://www.ic.gc.ca/app/osb/tds/search.html?lang=eng) \* Research of bankruptcy and insolvency records.

**Coverage area:** Province of Québec

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

**Financing:** federal

**Legal status:** federal government agency

**PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE**

200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4

**514 283-4584 Fax:** 514 283-5484

**Website:** [www.canada.ca/en/parole-board.html](http://www.canada.ca/en/parole-board.html)

**Email:** [info-que@pbc-clcc.gc.ca](mailto:info-que@pbc-clcc.gc.ca)

**Services:** Administrative tribunal in charge of parole and record suspension decisions. \* Promoting the gradual reintegration of offenders into society. \* Recommendations for clemency. \* Information and support for victims on the follow-up of judicial sentences during the parole process. \* Awareness raising, education and mobilization of organizations and the public. \* Decision registry.

**Eligibility:** federal offenders in reintegration process, victims of crimes

**Coverage area:** Canada

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

**Financing:** federal

**Legal status:** federal government agency

**PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE**

200 René-Lévesque Boulevard West, East Tower, Ville-Marie, Montréal, QC, H2Z 1X4

**1 844 280-5020**

**Website:** [www.canada.ca/en/public-health.html](http://www.canada.ca/en/public-health.html)

**Services:** Promotion and protection of Canadians' health. \* Preparation and implementation of prevention or emergency measures. \* Broadcast of information about infectious diseases, chronic illnesses, travelers' health, food safety, immunization and vaccines, emergency preparedness and response, injury prevention, lab biosafety, surveillance. \* Grants to community organizations. \* Medical information on the Covid-19:

[www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

### **SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

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

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

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

**Eligibility:** general public

**Coverage area:** Downtown

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

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## **Income statements**

### **CANADA CHILD BENEFIT**

Confidential Address

**1 800 387-1193**

**Website:** [www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html)

**Services:** Assistance to families. \* Tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. \* Includes the Child disability benefit and any related provincial and territorial programs.

**Eligibility:** families on a low income with children under 18 years old

**Coverage area:** Canada

**Hours:** phone service: Monday to Friday 6h30 to 23h00, Saturday 7h30 to 20h00

**Financing:** federal

**Legal status:** federal government agency

### **MINISTÈRE DU REVENU DU QUÉBEC**

150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2

**514 864-6299** TTY: 1 800 361-3795

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

**Services:** Ensures perception of income and sale taxes to finance public services. \* Management of the Programme de perceptions des pensions alimentaires and all the other perception and redistribution programs. \* Management and liquidation of unclaimed goods. \* Register of businesses and moral persons in activity in the province. \* Advises the government on fiscal policy. \* Are You Required to File an Income Tax Return: [www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return](http://www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return) \* Conferences on rights and obligations under the Québec tax system: [www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec](http://www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec)

**Coverage area:** Province of Québec

**Hours:** in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MONTRÉAL - CITY

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

311

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

**Email:** [bam@ville.montreal.qc.ca](mailto:bam@ville.montreal.qc.ca)

**Services:** Central administration. \* Info-travaux. \* Online streaming of municipal council and executive board sessions. \* Library: online access to Nelligan directory, user record and online renewal. \* Online day camps directory: [www.montreal.ca/en/topics/day-camps](http://www.montreal.ca/en/topics/day-camps) \* Online ticket payment. \* Property assessment records. \* Info-collectes: information on garbage, recyclable material and bulky waste collection schedules. \* Info-towing: [www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index](http://www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index) \* Inspection, corrective action and evacuation in a dwelling with issues around sanitation, maintenance or safety: [www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation](http://www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation) \* Online registration for recreational activities. \* Consultation of tax account. \* Consultation of contracts and grants approved by the executive board and municipal council. \* Removal of dead animals found on private or public property. \* Sale of city maps.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** city maps: \$32 for the color version, \$6 for the black and white version

**Financing:** municipal

**Legal status:** municipal agency

## REVENU QUÉBEC - MONTRÉAL CENTRE

150 Sainte-Catherine Street West, North Tower, basilare 1, Ville-Marie, Montréal, QC, H2X 3Y2

1 800 267-6299 TTY: 514 873-4455

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

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM

Confidential Address

514 940-1481 TTY: 1 800 361-3795

**Website:** [www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program](http://www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program)

**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. \* From October 1st 2024 to September 30th 2025: financial assistance of up to \$170 per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

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

**Financing:** provincial, federal

**Legal status:** provincial government agency

## VILLE-MARIE - BOROUGH

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax:** 514 872-8347

**Website:** ville.montreal.qc.ca/villemarie

**Email:** ville-marie@montreal.ca

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## Municipal services

### COMMISSAIRE AUX PERSONNES EN SITUATION D'ITINÉRANCE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** [montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [serge.lareault@montreal.ca](mailto:serge.lareault@montreal.ca)

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. \* Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. \* Development and outreach work on homelessness issues and best support practices. \* Municipal administration, partners and citizens' awareness. \* Encourages concerted action between partners for the development of adapted services. \* Contribution to the development of a global vision and a municipal support plan. \* Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**CONSEIL DES ARTS DE MONTRÉAL**

1210 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 1L9

**514 280-2564** Fax: 514 280-3789

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

**Email:** [artsmontreal@montreal.ca](mailto:artsmontreal@montreal.ca)

**Services:** Detection, accompaniment, support and recognition of excellence in the creation, production and presentation of professional artistic endeavours.

**Eligibility:** cultural organizations

**Capacity:** support to more than 700 cultural organizations per year

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 22h00, Saturday and Sunday 9h30 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

**ÉCO-QUARTIER VILLE-MARIE DE PETER-MCGILL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

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

**Email:** [direction@saesem.org](mailto:direction@saesem.org)

**Services:** To contribute to the improvement of the quality of the living environment for the Peter-McGill community, through awareness and mobilization actions with individuals, organizations and institutions. \* Action and promotion about 3R: reduction at source, reusing, recycling and recovery. \* Cleaning and embellishment. \* Beautification and urban agriculture. \* Promotion of environmental citizen action. \* Information about waste collections. \* Workshops and awareness tools. \* Community composting. \* Grant for the purchase of reusable diapers.

**Eligibility:** neighbourhood residents

**Coverage area:** Peter-McGill district

**Hours:** Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h30 to 17h30

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**ÉCO-QUARTIER VILLE-MARIE DE SAINTE-MARIE ET DE SAINT-JACQUES**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [www.sem-montreal.org/](http://www.sem-montreal.org/)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** \* Environmental workshops: 3RV, zero waste, food waste, ecological gardening, urban agriculture, biodiversity, etc. \* Community composting (registration required). \* Greening and urban agriculture: flower distribution, green alleys, citizen projects, etc. \* Waste management information. \* Processing requests for recycling and organics bins. \* Drop-off point for Second Life and Boco Boco baskets. \* Drop-off point for batteries, ink cartridges, writing instruments. \* Organization of clean-up activities. \* Handling of dumping complaints. \* Green alley development.

**Eligibility:** citizens, companies and organizations

**Coverage area:** Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street

**Hours:** Monday to Wednesday 9h30 to 12h00 and 12h30 to 17h30, Thursday 11h30 to 19h00

**Fees:** variable

**Financing:** grants, municipal

**Legal status:** non-profit organization

**ÉLECTIONS MONTRÉAL**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**514 872-8683** Fax: 514 872-5655

**Website:** elections.montreal.ca/en

**Email:** elections@montreal.ca

**Services:** Montreal election organization. \* Online map of electoral districts. \* Regulations on electoral districts. \* Information on the list of electors registration. \* Information on the procedures for regular and advance voting. \* Electoral lexicon.

**Coverage area:** Montréal

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

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**311**

**Website:** montreal.ca/en

**Email:** bam@ville.montreal.qc.ca

**Services:** Central administration. \* Info-travaux. \* Online streaming of municipal council and executive board sessions. \* Library: online access to Nelligan directory, user record and online renewal. \* Online day camps directory: [www.montreal.ca/en/topics/day-camps](http://www.montreal.ca/en/topics/day-camps) \* Online ticket payment. \* Property assessment records. \* Info-collectes: information on garbage, recyclable material and bulky waste collection schedules. \* Info-towing: [www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index](http://www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index) \* Inspection, corrective action and evacuation in a dwelling with issues around sanitation, maintenance or safety: [www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation](http://www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation) \* Online registration for recreational activities. \* Consultation of tax account. \* Consultation of contracts and grants approved by the executive board and municipal council. \* Removal of dead animals found on private or public property. \* Sale of city maps.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** city maps: \$32 for the color version, \$6 for the black and white version

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - ACCÈS MONTRÉAL CARD**

Confidential Address

**311**

**Website:** [montreal.ca/en/programs/acces-montreal-card](http://montreal.ca/en/programs/acces-montreal-card)

**Email:** cam@montreal.ca

**Services:** Privilege program for residents and property owners of Montréal. \* Internal and external partnerships giving access to various discounts: sporting and outdoor activities, day camps, businesses, movie theatres, museums, shows and festivals, theatres, recreation, excursions, guided tours and cruises, scientific activities, courses, maintenance and renovation, personal well-being. \* List of benefits and partnerships online and selling points. \* Online subscription: [click here](#)

**Eligibility:** residents, property owners

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** 7 to \$9 per year depending on the number of cards, replacement: free

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL**

1550 Metcalfe Street, Suite 1200, Ville-Marie, Montréal, QC, H3A 1X6

**514 280-2800**

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

**Email:** [big@bigmtl.ca](mailto:big@bigmtl.ca)

**Services:** Promotion of integrity and prevention of fraudulent tactics in the attribution and execution of contracts for the City of Montréal and its associated organizations. \* Surveillance of contracts attribution and realization. \* Training of officials and employees. \* Reception and handling of confidential reports and denunciations online, by email, phone, fax or mail. \* Inspection, cancellation, termination and suspension prerogatives.

**Eligibility:** employees, officials, citizens, contractors

**Coverage area:** Montréal

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

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - DIRECTION DE L'HABITATION**

303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8

**514 588-7098**

**Website:** [montreal.ca/unites/service-de-lhabitation](http://montreal.ca/unites/service-de-lhabitation)

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

**Services:** Assistance with the accessibility and improvement of affordable, social and community housing. \* Legislation. \* Housing grants programs. \* Construction, demolition and reconstruction permits. \* In charge of Société d'habitation du Québec's programs for Montréal Island.

**Coverage area:** Montréal

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

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** [montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [diversitesociale@montreal.ca](mailto:diversitesociale@montreal.ca)

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - OMBUDSMAN**

1550 Metcalfe Street, Suite 1150, Ville-Marie, Montréal, QC, H3A 1X6

**514 872-8999** Fax: 514 872-2379

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

**Email:** [ombudsman@montreal.ca](mailto:ombudsman@montreal.ca)

**Services:** Last-resort service for people whose rights have been violated due to an action, omission, recommendation or decision by the City of Montréal. \* Online complaints form: [ombudsmantemontreal.com/en/our-services/complaint-form](http://ombudsmantemontreal.com/en/our-services/complaint-form)

**Coverage area:** Montréal

**Hours:** Tuesday to Thursday 8h30 to 16h30, by appointment only



**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL**

1441 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 2M6

**911 Fax:** 514 280-3399

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

**Services:** Responding to citizens' needs for safety. \* Protection of the lives and property of citizens. \* Maintenance of peace and public safety. \* Prevention and fight against crime. \* Enforcement of the laws and regulations in effect. \* Specialized units: Administrative integrity (EPIM), Antiterrorism and emergency measures, Arson, Brigade des espaces publics, Business services, Canine Unit, Cavalry, Community Relations, Forensic Identification Section, Groupe tactique d'intervention (GTI), Homelessness (EMRII), International Missions, Patrouilles conjointes autochtones, RIC patrol officers, Operational planning, Psychosocial Emergency (ESUP), Public Order Services - Gendarmerie, Investigations, Research, Sexual Exploitation of Children, Specialized Investigations.

**Coverage area:** Montréal Island

**Hours:** headquarters office: Tuesday to Thursday 7h30 to 15h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL**

1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3

**514 280-0120 Fax:** 514 280-0620

**Website:** [spvm.qc.ca/en/pdq20](http://spvm.qc.ca/en/pdq20)

**Email:** [pdq20@spvm.qc.ca](mailto:pdq20@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

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

**Coverage area:** Ville-Marie West, Parc du Mont-Royal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL**

1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 280-0121 Fax:** 514 280-0621

**Website:** [spvm.qc.ca/en/pdq21](http://spvm.qc.ca/en/pdq21)

**Email:** [pdq21@spvm.qc.ca](mailto:pdq21@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:** Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD**

1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5

**514 280-0122** Fax: 514 280-0622

**Website:** [spvm.qc.ca/en/pdq22](http://spvm.qc.ca/en/pdq22)

**Email:** [pdq22@spvm.qc.ca](mailto:pdq22@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:** Centre-Sud

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

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL**

888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8

**514 280-9111**

**Website:** [spvm.qc.ca/en/PDQ50](http://spvm.qc.ca/en/PDQ50)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Maintenance of the network's fluidity. \* Sociocommunity sector, specialized units and awareness-raising.

**Eligibility:** users, partners and businesses of the Métro de Montréal network

**Coverage area:** Montréal Island

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [sem-montreal.org](http://sem-montreal.org)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** Inform, mobilize and raise awareness of urban environmental issues through greening, citizen action and waste management projects. \* Ville-Marie Éco-quartier: beautification, urban ecology and water conservation, distribution of recycling and food waste bins. \* Support for the development of green alleyways. \* Plant distribution. \* Workshops and activities for schools, day-care centers and community organizations. \* Recycling: batteries, cell phones, ink cartridges, cork, can pins, keys, etc. \* Horticultural consulting. \* Environmental services for organizations.

**Eligibility:** general public

**Coverage area:** Sainte-Marie and Saint-Jacques

**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 11h30 to 19h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**SOCIÉTÉ QUÉBÉCOISE DE RÉCUPÉRATION ET DE RECYCLAGE**

141 du Président-Kennedy Avenue, 8th floor, Ville-Marie, Montréal, QC, H2X 1Y4

**1 800 807-0678** Fax: 514 873-6542

**Website:** [www.recyc-quebec.gouv.qc.ca](http://www.recyc-quebec.gouv.qc.ca)

**Email:** [info@recyc-quebec.gouv.qc.ca](mailto:info@recyc-quebec.gouv.qc.ca)

**Services:** Reference for the responsible management of residual materials. \* Promotion and development of the reduction, reuse, recovery and recycling of containers, packaging, materials or products, and their valorization in a perspective of resource conservation. \* Information on the best practices to adopt. \* Programme québécois de gestion des pneus hors d'usage: management and support to Quebec's tire recycling industry. \* Online search tool and mobile app to find the location of the closest drop-off points and ecocentres: [cavaouwebapp.recyc-quebec.gouv.qc.ca](http://cavaouwebapp.recyc-quebec.gouv.qc.ca)

**Eligibility:** citizens, businesses

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** non-profit organization

## SÛRETÉ DU QUÉBEC

1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7

**514 598-4141 Fax:** 514 598-4242

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec](http://www.sq.gouv.qc.ca/en/the-surete-du-quebec)

**Services:** \* General Services: patrol, response to citizens' requests for assistance, monitoring and control of road traffic, laws and regulations enforcement, crime prevention, community relations activities. \* Specialized services: emergency measures, fight against terrorism, behavior analysis, crimes against the person, economic crimes investigation, forensic identification, organized crime, emergency response teams. \* National Services: investigations, emergency operations, coordination of policing.

**Coverage area:** Province of Québec

**Hours:** by phone (except emergencies): Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## TRIBUNAL ADMINISTRATIF DU QUÉBEC

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en](http://www.taq.gouv.qc.ca/en)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Last instance services for challenging a decision by a ministry, a public organization or a municipality. \* How to file a proceeding: [riil.servicestaq.gouv.qc.ca/taq.riil.presentation](http://riil.servicestaq.gouv.qc.ca/taq.riil.presentation) \* Information on conciliation and hearings: preparation, procedure, decision, hearing schedule. \* Leaflets, guides and videos. \* Social Affairs Section: rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services. \* Real Estate Section: rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs. \* Territory and Environment Section: rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs. \* Economic Affairs Section: rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws. \* Mental Health Division.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

## UNITÉ PERMANENTE ANTICORRUPTION (L')

2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5

**1 855 567-8722**

**Website:** [upac.gouv.qc.ca/en](http://upac.gouv.qc.ca/en)

**Services:** Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. \* Integrity verifications of enterprises offering or willing to offer services to governmental agencies. \* Documentation and information relative to the Loi concernant la lutte contre la corruption. \* Reporting of misconducts online and by phone. \* Awareness session for enterprises with business relations with the government.

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## VILLE-MARIE - BOROUGH

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax:** 514 872-8347

**Website:** [ville.montreal.qc.ca/villemarie](http://ville.montreal.qc.ca/villemarie)

**Email:** [ville-marie@montreal.ca](mailto:ville-marie@montreal.ca)

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## Official documents

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

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

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

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

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

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

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

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

## CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

**514 593-3979**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est)

**Services:** Youth protection. \* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. \* Phone consultation service without reporting. \* Psychosocial adaptation and rehabilitation. \* Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). \* Housing: foster families, group homes, rehabilitation centers and intermediate resources. \* Adoption services, biological parents search. \* Expertise service to the Superior Court. \* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

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

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

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

**Legal status:** non-profit organization

### COLLÈGE DES MÉDECINS DU QUÉBEC

1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2

**1 888 633-3246**

**Website:** [www.cmq.org/home.aspx](http://www.cmq.org/home.aspx)

**Email:** [info@cmq.org](mailto:info@cmq.org)

**Services:** Professional order. \* Verification of the future physicians skills and their aptitude to practice medicine. \* Promotion of the maintenance of skills. \* Assessment and monitoring of the professional practice. \* Control of the illegal practice of medicine. \* Reception and study of complaints. \* Authentication of physician's signature. \* Access to medical records kept. \* Position-taking in major health debates of public concern. \* Promotion of quality medicine. \* Information on permit applications. \* Physicians' directory: <https://www.cmq.org/en/directory> \* Information and list of disciplinary decisions: <https://www.cmq.org/en/protect-the-public/follow-disciplinary-file/disciplinary-decisions>

**Eligibility:** physicians, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

### COMMISSION D'ACCÈS À L'INFORMATION DU QUÉBEC - MONTRÉAL OFFICE

2045 Stanley Street, Suite 900, Ville-Marie, Montréal, QC, H3A 2V4

**514 873-4196 Fax:** 514 844-6170

**Website:** [www.cai.gouv.qc.ca/english](http://www.cai.gouv.qc.ca/english)

**Email:** [cai.communications@cai.gouv.qc.ca](mailto:cai.communications@cai.gouv.qc.ca)

**Services:** \* Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information. \* Monitoring and processing of applications for review and examination of disagreements.

**Eligibility:** citizens, associations, public organizations, businesses

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**JEUNESSE LAMBDA**

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 543-6343**

**Website:** [www.jeunesselambda.com](http://www.jeunesselambda.com)

**Email:** [info@jeunesselambda.com](mailto:info@jeunesselambda.com)

**Services:** \* Bilingual discussion and activity group by and for 2SLGBTQIA+ youth. \* Accessibility services for gender affirmation articles. \* Oaths for name and gender change requests. \* Individual intervention. \* Collective wardrobe: clothing donations.

**Eligibility:** 2SLGBTQIA+ people 14 to 30 years old

**Coverage area:** Montréal Island

**Hours:** workshops and discussions: Tuesday 16h00 to 19h00, Friday 16h00 to 21h00, Saturday 12h00 to 18h00

**Fees:** none

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

**JURITRANS - TRANS ID CLINIC**

1572 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**Website:** [juritrans.ca/qc/en](http://juritrans.ca/qc/en)

**Email:** [celeste@juritrans.ca](mailto:celeste@juritrans.ca)

**Services:** Mobile drop-in clinic providing easy access to name and gender marker change procedures. \* Help with name and sex change applications: legal information, commissioner of oaths. \* Delivery of documents. \*

Tools available to users: forms and photocopier.

**Eligibility:** trans people

**Coverage area:** Province of Québec

**Hours:** variable, check the website

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

**MCGILL LEGAL INFORMATION CLINIC**

3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 0E7

**438 944-6545**

**Website:** [licm.ca](http://licm.ca)

**Email:** [pub.licm@mail.mcgill.ca](mailto:pub.licm@mail.mcgill.ca)

**Services:** Legal information clinic and advocacy. \* Legal information request form: [click here](#) \* Referral and online resources: [click here](#) \* Accompaniment in court: Tribunal administratif du logement or Small Claims Court. \* Information: housing, immigration, labour, obligations, family, municipal law, business and non-profit law, etc. \* Just Info workshops: legal information sessions in a simple and useful way. \* Commissioner for oaths: to make official an oath taken in his presence. \* Representation of McGill students in disciplinary matters.

**Eligibility:** legal information and accompaniment in court: general public, just info workshops: community organizations

**Coverage area:** Greater Montréal

**Hours:** legal information: Monday and Wednesday 9h00 to 17h00, Tuesday and Thursday 11h00 to 19h00, Friday 9h00 to 15h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2721** Fax: 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Administration of court services of Montréal. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. \* Consultation of the court ledger.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **MONTRÉAL PASSPORT CANADA OFFICE**

200 René-Lévesque Boulevard West, Suite 103, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 567-6868 TTY:** 1 866 255-7655

**Website:** [www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html)

**Services:** Issuance of Canadian passports and other travel documents.

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** variable, according to the type of passport

**Financing:** federal

**Legal status:** federal government agency

### **RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX**

1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6

**514 873-3577 Fax:** 514 873-5861 **TTY:** 1 877 663-8172

**Website:** [www.racj.gouv.qc.ca](http://www.racj.gouv.qc.ca)

**Services:** Supervision and control of activities in the alcohol, amusement, video lottery, bingo, casino, promotional contest, horse racing, combat sports and draws sectors. \* Issuance and revocation of operating permits and licenses. \* Public register of permits and licenses in force by sector of activity. \* Reception of complaints.

**Coverage area:** Province of Québec

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** provincial government agency

### **REGISTER OF COMMISSIONERS FOR OATHS**

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 option 2 Fax:** 514 864-4867 **TTY:** 514 864-9373

**Website:** [www.assermentation.justice.gouv.qc.ca](http://www.assermentation.justice.gouv.qc.ca)

**Email:** [services@assermentation.justice.gouv.qc.ca](mailto:services@assermentation.justice.gouv.qc.ca)

**Services:** Register containing the names of appointed persons by the Minister of Justice to administer oaths. \* Verification of people authorized to administer oaths. \* Search for a commissioner for oaths: [www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx](http://www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx) \* Authorized persons to administer oaths (lawyers, notaries, mayors, city counsellors, etc.) are not listed in the register.

**Coverage area:** Province of Québec

**Hours:** phone and on-site service: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency



**REGISTRE FONCIER DU QUÉBEC**

2050 De Bleury Street, Suite RC 10, Ville-Marie, Montréal, QC, H3A 2J5

**1 866 226-0977 Fax:** 514 873-1670

**Website:** [www.registrefoncier.gouv.qc.ca](http://www.registrefoncier.gouv.qc.ca)

**Email:** [services.specialises@mern.gouv.qc.ca](mailto:services.specialises@mern.gouv.qc.ca)

**Services:** Land registration system to make public the rights of a person or entity on a building. \* Land Register of Québec available online. \* Online service of requisition for registration.

**Coverage area:** Province of Québec

**Hours:** bureaux de la publicité des droits: Monday to Friday 9h00 to 16h00, land and geographic information customer relations centre: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY:** 1 800 926-9105

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**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**

1441 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 2M6

**911 Fax:** 514 280-3399

**Website:** [spvm.qc.ca/en](http://spvm.qc.ca/en)

**Services:** Responding to citizens' needs for safety. \* Protection of the lives and property of citizens. \* Maintenance of peace and public safety. \* Prevention and fight against crime. \* Enforcement of the laws and regulations in effect. \* Specialized units: Administrative integrity (EPIM), Antiterrorism and emergency measures, Arson, Brigade des espaces publics, Business services, Canine Unit, Cavalry, Community Relations, Forensic Identification Section, Groupe tactique d'intervention (GTI), Homelessness (EMRII), International Missions, Patrouilles conjointes autochtones, RIC patrol officers, Operational planning, Psychosocial Emergency (ESUP), Public Order Services - Gendarmerie, Investigations, Research, Sexual Exploitation of Children, Specialized Investigations.

**Coverage area:** Montréal Island

**Hours:** headquarters office: Tuesday to Thursday 7h30 to 15h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL**

1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3

**514 280-0120 Fax:** 514 280-0620

**Website:** [spvm.qc.ca/en/pdq20](http://spvm.qc.ca/en/pdq20)

**Email:** [pdq20@spvm.qc.ca](mailto:pdq20@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.

**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Ville-Marie West, Parc du Mont-Royal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL**

1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 280-0121 Fax:** 514 280-0621

**Website:** [spvm.qc.ca/en/pdq21](http://spvm.qc.ca/en/pdq21)

**Email:** [pdq21@spvm.qc.ca](mailto:pdq21@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:** Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD**

1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5

**514 280-0122 Fax:** 514 280-0622

**Website:** [spvm.qc.ca/en/pdq22](http://spvm.qc.ca/en/pdq22)

**Email:** [pdq22@spvm.qc.ca](mailto:pdq22@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:** Centre-Sud

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL**

888 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4S8

**514 280-9111**

**Website:** [spvm.qc.ca/en/PDQ50](http://spvm.qc.ca/en/PDQ50)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Maintenance of the network's fluidity. \* Sociocommunity sector, specialized units and awareness-raising.

**Eligibility:** users, partners and businesses of the Métro de Montréal network

**Coverage area:** Montréal Island

**Financing:** municipal, provincial

**Legal status:** municipal agency

**SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D'ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS**

287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8

**514 872-8838 Fax: 514 872-0728**

**Website:** [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en)

**Services:** \* Help with administrative steps. \* Self-service computer stations. \* Information about government programs and services. \* Administration-of-oath services. \* Social solidarity services.

**Eligibility:** asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SÛRETÉ DU QUÉBEC**

1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7

**514 598-4141 Fax: 514 598-4242**

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec](http://www.sq.gouv.qc.ca/en/the-surete-du-quebec)

**Services:** \* General Services: patrol, response to citizens' requests for assistance, monitoring and control of road traffic, laws and regulations enforcement, crime prevention, community relations activities. \* Specialized services: emergency measures, fight against terrorism, behavior analysis, crimes against the person, economic crimes investigation, forensic identification, organized crime, emergency response teams. \* National Services: investigations, emergency operations, coordination of policing.

**Coverage area:** Province of Québec

**Hours:** by phone (except emergencies): Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**VILLE-MARIE - BOROUGH**

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax: 514 872-8347**

**Website:** [ville.montreal.qc.ca/villemarie](http://ville.montreal.qc.ca/villemarie)

**Email:** [ville-marie@montreal.ca](mailto:ville-marie@montreal.ca)

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## Provincial services

### ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845** Fax: 514 937-5548

**Website:** [adpbc.org/en](http://adpbc.org/en)

**Email:** [curabec@outlook.com](mailto:curabec@outlook.com)

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### COMMISSION D'ACCÈS À L'INFORMATION DU QUÉBEC - MONTRÉAL OFFICE

2045 Stanley Street, Suite 900, Ville-Marie, Montréal, QC, H3A 2V4

**514 873-4196** Fax: 514 844-6170

**Website:** [www.cai.gouv.qc.ca/english](http://www.cai.gouv.qc.ca/english)

**Email:** [cai.communications@cai.gouv.qc.ca](mailto:cai.communications@cai.gouv.qc.ca)

**Services:** \* Information on rights and obligations related to access to documents held by public bodies and to the protection of personal information. \* Monitoring and processing of applications for review and examination of disagreements.

**Eligibility:** citizens, associations, public organizations, businesses

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax:** 1 855 722-8081

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)

**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

## CORONER'S OFFICE

1701 Parthenais Street, 11th Floor, Ville-Marie, Montréal, QC, H2K 3S7

**1 888 267-6637 Fax:** 514 873-8943

**Website:** [www.coroner.gouv.qc.ca](http://www.coroner.gouv.qc.ca)

**Email:** [clientele.coroner@coroner.gouv.qc.ca](mailto:clientele.coroner@coroner.gouv.qc.ca)

**Services:** Investigation in case of death in accordance with the Loi sur les recherches des causes et des circonstances de décès. \* Research of possible causes and circumstances in case of unnatural deaths. \* Recommendation formulation to avoid new fatalities. \* List of unclaimed bodies: [www.coroner.gouv.qc.ca/un-proche-est-decede/corps-non-reclames](http://www.coroner.gouv.qc.ca/un-proche-est-decede/corps-non-reclames) \* Complaints reception.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## **CURATEUR PUBLIC**

600 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3B 4W9

**1 844 532-8728 Fax:** 514 873-4972

**Website:** [www.quebec.ca/en/government/departments-and-agencies/curateur-public](http://www.quebec.ca/en/government/departments-and-agencies/curateur-public)

**Services:** Ensures that incapacitated people are protected, their autonomy safeguarded and their rights respected, while supporting their families and loved ones in their duties. \* Find a territorial office of The Public Curator: [www.quebec.ca/gouvernement/ministeres-et-organismes/curateur-public/coordonnees/directions-territoriales](http://www.quebec.ca/gouvernement/ministeres-et-organismes/curateur-public/coordonnees/directions-territoriales) \* Telephone on-call service for urgent interventions. \* Infolettre Bien protéger ensemble: receive information on the protection of people in vulnerable situations. \* Recognizes assistants to adults, in particular by analyzing applications and maintaining a public register of recognized assistants. \* Monitors the management of assets by guardians. \* Informs represented and assisted persons of the rules that apply to them. \* Informs assistants, guardians, temporary representatives and mandataries of their obligations. \* Raise public awareness of the issues related to incapacity and inform people of the means available to protect incapacitated persons. \* Accompany people experiencing difficulties. \* Acts as guardian, guardianship council or temporary representative by court order if the person is isolated, has no family or those close to him or her are unable to assume this role. \* Receives complaints and reports.

**Eligibility:** incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

**Coverage area:** Province of Québec

**Hours:** Head Office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **CURATEUR PUBLIC - DIRECTION TERRITORIALE ET BUREAU DE MONTRÉAL**

454 Place Jacques-Cartier, Suite 200, Ville-Marie, Montréal, QC, H2Y 3B3

**1 866 292-6288**

**Website:** [www.quebec.ca/en/government/departments-and-agencies/curateur-public](http://www.quebec.ca/en/government/departments-and-agencies/curateur-public)

**Services:** \* Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. \* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

**Eligibility:** incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30 and Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE DE MONTRÉAL**

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

**514 864-1800 Fax:** 514 873-9362

**Website:** [www.quebec.ca/securite-situations-urgence/services-correctionnels](http://www.quebec.ca/securite-situations-urgence/services-correctionnels)

**Services:** Coordination of correctional services in the territory. \* In charge of professional services direction (DSPC) Montréal Nord-Est and Montréal Sud-Ouest, as well as Montréal and Rivière-des-Prairies correctional facilities.

**Coverage area:** Greater Montréal

**Financing:** provincial

**Legal status:** provincial government agency

## ÉLECTIONS MONTRÉAL

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**514 872-8683 Fax:** 514 872-5655

**Website:** elections.montreal.ca/en

**Email:** elections@montreal.ca

**Services:** Montreal election organization. \* Online map of electoral districts. \* Regulations on electoral districts.

\* Information on the list of electors registration. \* Information on the procedures for regular and advance voting.

\* Electoral lexicon.

**Coverage area:** Montréal

**Hours:** call centre: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

## HYDRO-QUÉBEC

75 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1A4

**1 888 385-7252**

**Website:** hydroquebec.com/residential

**Services:** Electricity production, transport and distribution. \* Options in case of payment difficulties:

[www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html](http://www.hydroquebec.com/residential/customer-space/payment/payment-difficulties-options.html) \* Power outages (service interruptions by region and map of ongoing outages):<http://pannes.hydroquebec.com/poweroutages>

**Coverage area:** Province of Québec

**Hours:** residential customer services: Monday to Friday 8h00 to 20h30, Saturday and Sunday 9h00 to 17h00, power outages: 24 hours / 7 days

**Financing:** provincial, self-financing

**Legal status:** provincial government agency

## INDEMNISATION DES VICTIMES D'ACTES CRIMINELS

1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1

**1 800 561-4822 Fax:** 514 906-3029

**Website:** [www.ivac.qc.ca/en](http://www.ivac.qc.ca/en)

**Services:** Compensation for victims of crime and their rescuers. \* Medical assistance: hospital care, medication, prosthesis, etc. \* Compensation for temporary and permanent total disability. \* Compensation and psychotherapeutic rehabilitation service in case of death. \* Replacement of clothing, glasses, and payment for breakage of property. \* Financial assistance to help meet the needs of a child born as a result of sexual assault.

\* Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, at-home assistance, etc. \* Online qualification application form for people 14 years and over victims of crime:

[www.ivac.qc.ca/en/Documents/F\\_255\\_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf](http://www.ivac.qc.ca/en/Documents/F_255_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf) \* Online qualification application form for minor and incapable people of full age victims of crime: [www.ivac.qc.ca/en/Documents/F\\_254\\_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf](http://www.ivac.qc.ca/en/Documents/F_254_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf)

**Eligibility:** victims of crime, their rescuers

**Coverage area:** Province of Québec

**Hours:** Offices: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, telephone services: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30

**Financing:** federal, provincial

**Legal status:** parapublic organization

**INSTITUT DE LA STATISTIQUE DU QUÉBEC - INFORMATION AND DOCUMENTATION CENTRE**

1200 McGill College Avenue, 5th floor, Ville-Marie, Montréal, QC, H3B 4J8

**1 800 463-4090**

**Website:** [statistique.quebec.ca/en](http://statistique.quebec.ca/en)

**Services:** Collection of available statistics on Québec. \* General statistical information. \* Statistical publications.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD**

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax:** 514 864-7329

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.centresud@ccjm.qc.ca](mailto:baj.centresud@ccjm.qc.ca)

**Services:** Legal aid office in administrative, civil and family law.

**Eligibility:** persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

**MINISTÈRE DE L'ÉCONOMIE ET DE L'INNOVATION**

380 Saint-Antoine Street West, 5th floor, Ville-Marie, Montréal, QC, H2Y 3X7

**1 866 680-1884**

**Website:** [www.quebec.ca/en/government/ministere/ministere-de-leconomie-et-de-linnovation](http://www.quebec.ca/en/government/ministere/ministere-de-leconomie-et-de-linnovation)

**Email:** [info@economie.gouv.qc.ca](mailto:info@economie.gouv.qc.ca)

**Services:** Assumes governmental responsibilities relative to businesses' growth, entrepreneurship, investment, science, innovation, export trade and investment. \* Manages economic development projects. \* Coordinates governmental assistance to major investments, to research, sciences and technologies. \* Counseling to businesses.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30



**Financing:** provincial

**Legal status:** provincial government agency

## MINISTÈRE DE LA FAMILLE

600 Fullum Street, 4th floor, Ville-Marie, Montréal, QC, H2K 4S7

**1 855 336-8568**

**Website:** [www.mfa.gouv.qc.ca/en](http://www.mfa.gouv.qc.ca/en)

**Email:** [renseignements@mfa.gouv.qc.ca](mailto:renseignements@mfa.gouv.qc.ca)

**Services:** Ensures consistency in the government's actions toward children and families. \* Guidance of childcare service providers. \* Elaboration and application of family policy. \* Grants for accessibility to daycare services. \* Financial aid for family community organizations.

**Eligibility:** families, community organizations, childcare services providers

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MINISTÈRE DE LA FAMILLE - CHILDCARE SERVICES

600 Fullum Street, 6th floor, Ville-Marie, Montréal, QC, H2K 4S7

**1 855 336-8568**

**Website:** [www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx](http://www.mfa.gouv.qc.ca/en/services-de-garde/Pages/index.aspx)

**Email:** [renseignements@mfa.gouv.qc.ca](mailto:renseignements@mfa.gouv.qc.ca)

**Services:** Information on childcare services: early childhood centres, daycare centres, family home childcare.

\* Directories and childcare establishment locator: [www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx](http://www.mfa.gouv.qc.ca/fr/services-de-garde/parents/localisateur/Pages/index.aspx) \* Information on the reduced-contribution spaces program. \* Information on inspections in childcare services. \* Complaints reception.

**Eligibility:** parents, educators, family home childcare providers, early childhood and daycare centres, coordinating offices of family childcare homes

**Coverage area:** Province of Québec

**Hours:** phone service: Monday, Tuesday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MINISTÈRE DE LA JUSTICE

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140** Fax: 514 873-7174

**Website:** [www.justice.gouv.qc.ca/en](http://www.justice.gouv.qc.ca/en)

**Email:** [informations@justice.gouv.qc.ca](mailto:informations@justice.gouv.qc.ca)

**Services:** Assumes governmental responsibilities related to justice. \* Co-parenting seminars: [www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances](http://www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/inscription-et-calendriers-des-seances) \* Advice to the government and its ministries on the legality of their actions. \* Recommendation of policies and support to judicial activity. \* Managing of all the courts of law and specialized tribunals in the province.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** co-parenting seminars: free

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE**

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7

**418 649-2400** Fax: 418 643-4047

**Website:** [www.quebec.ca/gouvernement/ministere/relations-internationales](http://www.quebec.ca/gouvernement/ministere/relations-internationales)

**Email:** [renseignements@mri.gouv.qc.ca](mailto:renseignements@mri.gouv.qc.ca)

**Services:** Assumes governmental responsibilities relative to international relations, diplomacy and Québec's representation abroad. \* Projects' initiation and participation with other members of the Francophonie. \* Manages Québec's delegations and other representatives abroad. \* Collaborates in international solidarity efforts targeting developing countries' progress.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DES TRANSPORTS ET DE LA MOBILITÉ DURABLE**

500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7

**1 888 355-0511** Fax: 514 873-7886

**Website:** [www.transports.gouv.qc.ca/en](http://www.transports.gouv.qc.ca/en)

**Services:** Assumes governmental responsibilities relative to road, rail and maritime infrastructures, and regulation of modes of transport. \* Roads regulation, security and signs. \* Counseling to transportation businesses. \* Maintenance and improvement of existing transportation networks.

**Coverage area:** Province of Québec

**Hours:** phone service: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DU REVENU DU QUÉBEC**

150 Sainte-Catherine Street West, North Tower, basilare 1, Ville-Marie, Montréal, QC, H2X 3Y2

**514 864-6299** TTY: 1 800 361-3795

**Website:** [www.revenuquebec.ca/en](http://www.revenuquebec.ca/en)

**Services:** Ensures perception of income and sale taxes to finance public services. \* Management of the Programme de perceptions des pensions alimentaires and all the other perception and redistribution programs. \* Management and liquidation of unclaimed goods. \* Register of businesses and moral persons in activity in the province. \* Advises the government on fiscal policy. \* Are You Required to File an Income Tax Return: [www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return](http://www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return) \* Conferences on rights and obligations under the Québec tax system: [www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec](http://www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec)

**Coverage area:** Province of Québec

**Hours:** in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**MINISTÈRE DU TOURISME DU QUÉBEC**

1255 Peel Street, Suite 400, Ville-Marie, Montréal, QC, H3B 4V4

**1 800 482-2433**

**Website:** [www.quebec.ca/en/tourism-and-recreation](http://www.quebec.ca/en/tourism-and-recreation)

**Email:** [relations.publiques@tourisme.gouv.qc.ca](mailto:relations.publiques@tourisme.gouv.qc.ca)

**Services:** Assumes governmental responsibilities relative to the development and promotion of tourism. \* Consultation and support to the tourism industry's actors. \* Reception and information services. \* Accommodation and tourism product booking. \* Complaints reception.

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

## MINISTRE DE LA CULTURE ET DES COMMUNICATIONS

1435 De Bleury Street, Suite 800, Ville-Marie, Montréal, QC, H3A 2H7

**1 888 380-8882 Fax:** 514 864-2448

**Website:** [www.quebec.ca/gouvernement/ministere/culture-communications](http://www.quebec.ca/gouvernement/ministere/culture-communications)

**Email:** [infos@mcc.gouv.qc.ca](mailto:infos@mcc.gouv.qc.ca)

**Services:** Assumes governmental responsibilities related to the performing arts, visual arts, architecture, artisan work, cinema and audiovisual, books, medias, museology, heritage and telecommunication. \* Financial assistance to projects and eligible organizations: on-going assistance, project assistance, assets assistance, partnerships initiatives assistance, emergency fund, Mécénat Placements Culture and Targeted agreement. \* Management of applicable tax measures to the above-mentioned fields.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## NATIONAL ASSEMBLY - CABINET MINISTERS

770 Sherbrooke Street West, 4th floor, Ville-Marie, Montréal, QC, H3A 1G1

**418 643-5321 Fax:** 418 646-1854

**Website:** [www.assnat.qc.ca/en/deputes/fonctions-parlementaires-ministerielles/conseil-ministres.html](http://www.assnat.qc.ca/en/deputes/fonctions-parlementaires-ministerielles/conseil-ministres.html)

**Services:** Cabinet.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE

800 du Square-Victoria Street, 31st floor, Suite 3100, Ville-Marie, Montréal, QC, H4Z 1C8

**1 888 873-6202**

**Website:** [oqlf.gouv.qc.ca](http://oqlf.gouv.qc.ca)

**Email:** [info@oqlf.gouv.qc.ca](mailto:info@oqlf.gouv.qc.ca)

**Services:** Ensures the respect of the Charte de la langue française the use of the French language in the professional environment. \* Processing of complaints concerning violations of the Charte de la langue française. \* Support for companies with 25 or more employees in their francization process. \* French exam for candidates to professional orders. \* Vitrine linguistique available online: [vitrinelinguistique.oqlf.gouv.qc.ca](http://vitrinelinguistique.oqlf.gouv.qc.ca) \* Free language consultation service. \* Contribution to the francization of the workplace.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

## QUÉBEC 511 ROAD NETWORK CONDITIONS

500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7

**511**

**Website:** [www.quebec511.info/en/default.aspx](http://www.quebec511.info/en/default.aspx)

**Services:** Information on road conditions, works and any information necessary to plan trips on Québec's road network.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749** TTY: 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**RÉGIE DE L'ÉNERGIE**

500 René-Lévesque Boulevard West, Suite 5.100, Ville-Marie, Montréal, QC, H2Z 1W7

**1 888 873-2452** Fax: 514 873-2070

**Website:** [www.regie-energie.qc.ca/en/index.html](http://www.regie-energie.qc.ca/en/index.html)

**Email:** [secretariat@regie-energie.qc.ca](mailto:secretariat@regie-energie.qc.ca)

**Services:** Fosters the conciliation of the public interest, consumer protection and the fair treatment of the electricity carrier and distributors. \* Handling of consumers' complaints.

**Eligibility:** consumers, population

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX**

1 Notre-Dame Street East, 9th floor, Ville-Marie, Montréal, QC, H2Y 1B6

**514 873-3577** Fax: 514 873-5861 TTY: 1 877 663-8172

**Website:** [www.racj.gouv.qc.ca](http://www.racj.gouv.qc.ca)

**Services:** Supervision and control of activities in the alcohol, amusement, video lottery, bingo, casino, promotional contest, horse racing, combat sports and draws sectors. \* Issuance and revocation of operating permits and licenses. \* Public register of permits and licenses in force by sector of activity. \* Reception of complaints.

**Coverage area:** Province of Québec

**Hours:** Monday, Wednesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h00, Tuesday 10h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** provincial government agency

### REGISTER OF COMMISSIONERS FOR OATHS

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 option 2 Fax:** 514 864-4867 **TTY:** 514 864-9373

**Website:** [www.assermentation.justice.gouv.qc.ca](http://www.assermentation.justice.gouv.qc.ca)

**Email:** [services@assermentation.justice.gouv.qc.ca](mailto:services@assermentation.justice.gouv.qc.ca)

**Services:** Register containing the names of appointed persons by the Minister of Justice to administer oaths. \* Verification of people authorized to administer oaths. \* Search for a commissioner for oaths: [www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx](http://www.assermentation.justice.gouv.qc.ca/ServicesPublicsConsultation/Commissaires/Proximite/Criteres.aspx) \* Authorized persons to administer oaths (lawyers, notaries, mayors, city counsellors, etc.) are not listed in the register.

**Coverage area:** Province of Québec

**Hours:** phone and on-site service: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 option 2 Fax:** 514 864-4867 **TTY:** 514 864-9373

**Website:** [www.rdprm.gouv.qc.ca/en/pages/english.html](http://www.rdprm.gouv.qc.ca/en/pages/english.html)

**Services:** Computerized government register that makes public certain rights concerning movable property and individuals.

**Eligibility:** people who are thinking of acquiring used movable property, people who have been designated as liquidators of a succession, others

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** provincial government agency

### REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8

**1 877 864-9191 TTY:** 1 866 227-5968

**Website:** [www.mifi.gouv.qc.ca/fr/reglementation-consultants](http://www.mifi.gouv.qc.ca/fr/reglementation-consultants)

**Services:** \* Registry of approved immigration consultants in Québec. \* Annual publication of the registry online.

\* Processing of applications for recognition and renewal of the title of consultant.

**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

**Coverage area:** Province of Quebec

**Fees:** consultation of the registry: free, recognition of the title: exam and \$1702, renewal of the title: \$1384

**Financing:** provincial

**Legal status:** provincial government agency

### REVENU QUÉBEC - MONTRÉAL CENTRE

150 Sainte-Catherine Street West, North Tower, basilaire 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 800 267-6299 TTY:** 514 873-4455

**Website:** [www.revenuquebec.ca/en](http://www.revenuquebec.ca/en)

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes.

\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### REVENU QUÉBEC - REGISTER OF UNCLAIMED PROPERTY

500 René-Lévesque Boulevard West, 10th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 866 840-6939** TTY: 1 800 361-3795

**Website:** [www.revenuquebec.ca/en/unclaimed-property/searches/register-of-unclaimed-property](http://www.revenuquebec.ca/en/unclaimed-property/searches/register-of-unclaimed-property)

**Services:** Online register of unclaimed property. \* Property of unclaimed successions. \* Property found on an unclaimed body. \* Property abandoned by legal persons (corporations) that have been dissolved. \* Property located in Québec whose owners are untraceable. \* Vehicles abandoned on public highways. \* Financial assets left inactive. \* Link to the online Register:

[https://www5.services.mrq.gouv.qc.ca/MrqAnonyme/BR/BR01/BR01A1\\_01A\\_ConsulterBNR\\_PC/P\\_Consultation.aspx?CLNG=A](https://www5.services.mrq.gouv.qc.ca/MrqAnonyme/BR/BR01/BR01A1_01A_ConsulterBNR_PC/P_Consultation.aspx?CLNG=A)

**Eligibility:** individuals, individuals in business (self-employed persons), corporations, partnerships and any other legal entity

**Coverage area:** Province of Québec

**Hours:** services in person: Monday to Friday 10h00 to 16h30, phone services: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)

2050 De Bleury Street, Suite RC-10, Ville-Marie, Montréal, QC, H3A 2J5

**1 800 644-0075** TTY: 1 800 361-9596

**Website:** [www.quebec.ca/en/businesses-and-self-employed-workers/obtain-information-about-entreprise/search-entreprise-register](http://www.quebec.ca/en/businesses-and-self-employed-workers/obtain-information-about-entreprise/search-entreprise-register)

**Email:** [registre@servicesquebec.gouv.qc.ca](mailto:registre@servicesquebec.gouv.qc.ca)

**Services:** Register of businesses and legal entities in activity in the province of Québec. \* Information about legal status and managers. \* Online consultation.

**Eligibility:** citizens, businesses, non-profit organizations

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM

Confidential Address

**514 940-1481** TTY: 1 800 361-3795

**Website:** [www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program](http://www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program)

**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. \* From October 1st 2024 to September 30th 2025: financial assistance of up to \$170 per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

**Hours:** phone services: Monday to Friday 8h30 to 16h30

**Financing:** provincial, federal

**Legal status:** provincial government agency

## SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D'ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS

287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8

**514 872-8838** Fax: 514 872-0728

**Website:** [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en)

**Services:** \* Help with administrative steps. \* Self-service computer stations. \* Information about government programs and services. \* Administration-of-oath services. \* Social solidarity services.

**Eligibility:** asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## SOCIÉTÉ D'HABITATION DU QUÉBEC

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315** Fax: 514 873-8340

**Website:** [www.habitation.gouv.qc.ca/english](http://www.habitation.gouv.qc.ca/english)

**Email:** [infoshq@shq.gouv.qc.ca](mailto:infoshq@shq.gouv.qc.ca)

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

[www.habitation.gouv.qc.ca/repertoire](http://www.habitation.gouv.qc.ca/repertoire) \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

## SÛRETÉ DU QUÉBEC

1701 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3S7

**514 598-4141** Fax: 514 598-4242

**Website:** [www.sq.gouv.qc.ca/en/the-surete-du-quebec](http://www.sq.gouv.qc.ca/en/the-surete-du-quebec)

**Services:** \* General Services: patrol, response to citizens' requests for assistance, monitoring and control of road traffic, laws and regulations enforcement, crime prevention, community relations activities. \* Specialized services: emergency measures, fight against terrorism, behavior analysis, crimes against the person, economic crimes investigation, forensic identification, organized crime, emergency response teams. \* National Services: investigations, emergency operations, coordination of policing.

**Coverage area:** Province of Québec

**Hours:** by phone (except emergencies): Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

**514 873-2245** Fax: 514 864-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized court regarding residential lease matters. \* Information on rights and obligations related to leases. \* Conciliation between landlords and tenants. \* Protection of tenants' rights. \* Assistance filling out court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) \* Online tool to access legal information about the rental lease: justicebot.ca

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

## TRIBUNAL ADMINISTRATIF DU QUÉBEC

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en](http://www.taq.gouv.qc.ca/en)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Last instance services for challenging a decision by a ministry, a public organization or a municipality. \* How to file a proceeding: [riil.servicestaq.gouv.qc.ca/taq.riil.presentation](http://riil.servicestaq.gouv.qc.ca/taq.riil.presentation) \* Information on conciliation and hearings: preparation, procedure, decision, hearing schedule. \* Leaflets, guides and videos. \* Social Affairs Section: rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services. \* Real Estate Section: rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs. \* Territory and Environment Section: rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs. \* Economic Affairs Section: rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws. \* Mental Health Division.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

## UNITÉ PERMANENTE ANTICORRUPTION (L')

2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5

**1 855 567-8722**

**Website:** [upac.gouv.qc.ca/en](http://upac.gouv.qc.ca/en)

**Services:** Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. \* Integrity verifications of enterprises offering or willing to offer services to governmental agencies. \* Documentation and information relative to the Loi concernant la lutte contre la corruption. \* Reporting of misconducts online and by phone. \* Awareness session for enterprises with business relations with the government.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency



**Health**

**DENTAL CARE**

**EYE CARE**

**FAMILY PLANNING**

**PALLIATIVE CARE**

**PATIENT SUPPORT ASSOCIATIONS**

**PUBLIC HEALTH**

## Dental care

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906** Fax: 514 845-2287

**Website:** www.accueilbonneau.com/en

**Email:** info@accueilbonneau.com

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### MCGILL UNIVERSITY DENTAL CLINIC

2001 McGill College Avenue, Suite 100, Ville-Marie, Montréal, QC, H3A 1G1

**514 398-5189** Fax: 514 398-2089

**Website:** www.mcgill.ca/dentistry/patients/undergraduate-teaching-clinic

**Email:** patients.dentistry@mcgill.ca

**Services:** Dental care provided by students under the supervision of general and specialist dentists. \* Treatments available: cleaning, gum grafting and surgery, fillings, crowns, prostheses, braces, root canal treatment and dental implants at low prices. \* Mobile dental clinic in disadvantaged areas: [click here](#)

**Eligibility:** people 18 years and over

**Coverage area:** Montréal Island

**Hours:** dental clinic: September to May, Monday to Friday 9h00 to 17h00, emergency service: Monday to Friday 8h30 to 16h30

**Fees:** dental clinic: approximately 50% of the price charged in private practices, mobile clinic: free

**Financing:** donations, foundations

**Legal status:** non-profit organization

### MONTRÉAL GENERAL HOSPITAL

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**ORDRE DES DENTISTES DU QUÉBEC**

800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9

**1 800 361-4887 Fax:** 514 393-9248

**Website:** [www.odq.qc.ca](http://www.odq.qc.ca)

**Email:** [president@odq.qc.ca](mailto:president@odq.qc.ca)

**Services:** Professional order. \* Public protection, complaint reception, and monitoring compliance with practice and ethical conduct standards. \* Continuing education and information on the profession. \* Promotion of oral health among the population. \* To find a dentist: [www.odq.qc.ca/trouver-un-dentiste](http://www.odq.qc.ca/trouver-un-dentiste)

**Eligibility:** general public, dentists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Financing:** membership fees

**Legal status:** non-profit organization

**Eye care****ACCUEIL BONNEAU**

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax:** 514 845-2287

**Website:** [www.accueilbonneau.com/en](http://www.accueilbonneau.com/en)

**Email:** [info@accueilbonneau.com](mailto:info@accueilbonneau.com)

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC**

Confidential Address

**514 350-5124 Fax:** 514 350-5174

**Website:** [www.amoq.org](http://www.amoq.org)

**Email:** [amoq@smsq.org](mailto:amoq@smsq.org)

**Services:** \* Members' representation. \* Information to the public. \* Ophthalmologists' directory: [www.amoq.org/repertoire/Index.asp](http://www.amoq.org/repertoire/Index.asp)

**Eligibility:** ophthalmologists, general public

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC**

1255 Robert-Bourassa Boulevard, Suite 1400, Ville-Marie, Montréal, QC, H3B 3B2

**514 288-6272 Fax:** 514 288-7071

**Website:** [www.aoqnet.qc.ca](http://www.aoqnet.qc.ca)

**Email:** [info@aoqnet.qc.ca](mailto:info@aoqnet.qc.ca)

**Services:** Professional association. \* Varied online information on eye health. \* Representation and advocacy of economical, professional, political and social interests of members. \* Online directory of Québec's optometrists: [www.aoqnet.qc.ca/recherche.php](http://www.aoqnet.qc.ca/recherche.php)

**Eligibility:** optometrists, optometry students, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** members: annual fee

**Financing:** membership fees

**Legal status:** non-profit organization

**ORDRE DES OPTOMÉTRISTES DU QUÉBEC**

1265 Berri Street, Suite 505, Ville-Marie, Montréal, QC, H2L 4X4

**1 888 499-0524 Fax:** 514 499-1051

**Website:** [www.ooq.org](http://www.ooq.org)

**Email:** [info@ooq.org](mailto:info@ooq.org)

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Continuing education and Guide to clinical practice. \* Discipline and control of illegal practice and usurpation of title. \* Control of admission to the profession, regulation and professional inspection.

**Eligibility:** general public, optometrists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, summer: closed on Friday afternoons

**Fees:** optometrists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL**

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937** Fax: 514 526-5930

**Website:** [ssvp-mtl.org/en](http://ssvp-mtl.org/en)

**Email:** [adjadm@ssvp-mtl.org](mailto:adjadm@ssvp-mtl.org)

**Services:** \* Assistance with basic needs: food, clothing, furniture, school supplies. \* Assistance on a personal level: listening, accompaniment, referral, work reintegration. \* Recovery of material goods to help victims of disaster. \* To find your neighbourhood's service point: [ssvp-mtl.org/en/food-aid](http://ssvp-mtl.org/en/food-aid) \* Bonhomme à lunettes service point.

**Eligibility:** individuals and families on a low income, people experiencing food and economic insecurity

**Coverage area:** Montréal, Laval, MRC L'Assomption

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

## **Family planning**

### **ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC**

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7

**514 847-0067 ext. 207** Fax: 514 847-0601

**Website:** [cactusmontreal.org/soutien-aux-personnes-trans](http://cactusmontreal.org/soutien-aux-personnes-trans)

**Email:** [astteqcoordination@cactusmontreal.org](mailto:astteqcoordination@cactusmontreal.org)

**Services:** \* Peer support and accompaniment to appointments at clinics, hospitals, legal offices, court dates and social services. \* Assistance in accessing information regarding legal issues and procedures, such as criminal and penal charges, criminal records, arrest warrants, conditions before court appearances, legal aid, trans-affirmative legal representation. \* Assistance in applying for a change of name and sex designation, refugee status, permanent residency, citizenship, work permits, record suspensions, and compensatory community service work. \* Assistance in understand and evaluating legal risks related to criminalization. \* Monthly community dinner, monthly drop-ins, periodic cultural and educational activities and skill-sharing workshops. \* Referral to trans-affirmative health care (hormone therapy, HIV treatment, and sexual health). \* Distribution of harm reduction supplies (syringes, needles, pipes, filters, kit sniff, filters, condoms and lube), recovery of harm reduction material, distribution of sharps containers, distribution of hormone therapy injection materials, distribution of fentanyl testing kits and distribution of naloxone kits. \* Street and outreach work to trans sex workers' homes, workplaces and community spaces. \* Visit to community members after surgeries or in long-term care homes. \* Substance analysis service, offered by Checkpoint/Cactus.

**Eligibility:** transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

**Coverage area:** Province of Québec

**Hours:** office: variable hours, community dinner: last Monday of the month

**Fees:** none

**Financing:** municipal, federal, donations

**Legal status:** non-profit organization

## AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL

1015 Robin Street, Ville-Marie, Montréal, QC, H2L 1W2

**438 832-2270**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/aire-ouverte](http://ciusss-centresudmtl.gouv.qc.ca/aire-ouverte)

**Email:** [aireouverte.ccsmtl@ssss.gouv.qc.ca](mailto:aireouverte.ccsmtl@ssss.gouv.qc.ca)

**Services:** Varied confidential services for youth 12 to 25 years old, with or without an appointment. \* Psychosocial support on a variety of subject: relationship difficulties, mental health, alcohol, drugs, gambling, housing, employment, studies, etc. \* Sexual health clinic: contraception, screening for sexually transmitted and blood infections, gender identity and sexual orientation, etc. \* Accompaniment to community and CIUSSS ressources.

**Eligibility:** people 12 to 25 years old

**Coverage area:** Centre-Sud, Le Sud-Ouest, Verdun

**Hours:** by appointment: Monday and Friday 9h00 to 17h00, without appointment: Tuesday and Thursday 17h00 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## ALIMA, PERINATAL SOCIAL NUTRITION CENTRE

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375 Fax:** 514 937-7453

**Website:** [www.dispensaire.ca](http://www.dispensaire.ca)

**Email:** [info@centrealima.ca](mailto:info@centrealima.ca)

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations

**Legal status:** non-profit organization

**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067** Fax: 514 847-0038

**Website:** cactusmontreal.org/en

**Email:** info@cactusmontreal.org

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000**

**Website:** chumontreal.qc.ca

**Services:** University hospital centre offering general, specialized and superspecialized cares. \* Emergency and general medicine. \* Tests centre. \* Gynecological clinics: birth clinic, high-risk pregnancy, fertility and assisted procreation, urology, pregnancy interruption, menopause, familial planification and general gynecology. \* Cancer centre. \* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up. \* Pain clinic. \* Sleep clinic. \* CHUM Patient Health Line.

**Coverage area:** Province of Québec

**Hours:** CHUM Patient Health Line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC SAINTE-CATHERINE**

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

**514 527-2361**

**Website:** sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=508

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Abortion. \* Bandage change and follow-up. \* Minor surgery. \* Nurse consultation \* Same or next day medical consultations (for registered patients). \* Contraception. \* Emergency oral contraception. \* Prenatal classes \* Screening. \* Distribution of new injection equipment to drug users (free service). \* Family health care. \* Recovery of used needles and syringes. \* General vaccination. \* Flu vaccination.

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**FRIGO VERT (LE)**

1440 Mackay Street, Ville-Marie, Montréal, QC, H3G 2H7

**438 387-7586**

**Website:** [www.lefrigovert.org](http://www.lefrigovert.org)

**Email:** [yesfrigo@gmail.com](mailto:yesfrigo@gmail.com)

**Services:** Anti-capitalist, anti-colonial, anti-oppression food, alternative health, and community space serving Concordia university students and the wider Montreal community. \* Subsidized cafe with vegan and vegetarian food. \* Free use kitchenette and lounge. \* Community space with events that is bookable by the public. \* Free safer sex and drug use supplies. \* Pay What You Can Herbs, spices, and mushrooms. \* Wheelchair accessible trans friendly washroom with changing table for use without purchase.

**Eligibility:** Concordia students, community members, members of the LGBTQ+ community, members of marginalized communities

**Coverage area:** Montréal Island, with priority given to Notre-Dame-de-Grâce, Shaughnessy Village

**Hours:** Monday to Thursday 12h00 to 16h00

**Fees:** groceries, herbal medicines and consultation: voluntary contribution, membership fee for non-students: \$0 to \$100

**Financing:** self-financing

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES**

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

**514 523-0979 Fax:** 514 523-3075

**Website:** [geipsi.ca](http://geipsi.ca)

**Email:** [info@geipsi.ca](mailto:info@geipsi.ca)

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

**MCGILL REPRODUCTIVE CENTRE (THE)**

888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8

**514 843-1650**

**Website:** [muhc.ca/reproductivecentre](http://muhc.ca/reproductivecentre)

**Email:** [fertility@muhc.mcgill.ca](mailto:fertility@muhc.mcgill.ca)

**Services:** Medical treatment for infertility. \* In vitro and basic fertility treatment. \* Fertility preservation. \* Specialized treatments. \* Counselling and support. \* Evaluation and treatment of male fertility. \* Reproductive assistance with donor donation.

**Eligibility:** people living with fertility issues

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** parapublic organization



**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**SPECTRE DE RUE**

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700 Fax:** 514 528-1532

**Website:** www.spectrederue.org

**Email:** administration@spectrederue.org

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**STELLA, L'AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

**514 285-1599 Fax:** 514 285-2465

**Website:** www.chezstella.org

**Email:** info@chezstella.org

**Services:** Support for sex workers. \* Information and referral. \* Helpline. \* Accompaniment. \* Street workers. \* Outreach with incarcerated women. \* Distribution of needles and condoms. \* Bad client list and support in case of violence. \* Sociocultural and educational activities. \* Monthly dinner. \* Collective action. \* Advocacy. \* Medical clinic for women working in the sex industry. \* Naloxone kits distribution. \* Distribution and delivery of fentanyl test strips.

**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Palliative care

### FONDATION PALLIAMI

1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4

**514 413-8777 ext. 127434 Fax:** 514 760-1095

**Website:** palliami.org

**Email:** lleblond@palliami.org

**Services:** Notre-Dame Hospital palliative care unit. \* Moral support to patients and their families. \* Bereavement follow-up. \* in-person or virtual support group for bereaved people. \* Volunteers accompaniment. \* Massage therapy. \* Public writer. \* Piano. \* Zootherapy.

**Eligibility:** people with a terminal illness, their families

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Hours:** 7 days, 7h30 to 21h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### MAISON DU PÈRE (LA) - ACCÈS-SANTÉ

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 233 Fax:** 514 845-2108

**Website:** www.maisondupere.org/?lang=en

**Email:** info-fondation@maisondupere.org

**Services:** Private convalescence rooms for clinical follow-up following surgery, treatment or illness. \* 24/7 follow-up by health professionals. \* Management of medication and bandages. \* Referral to the health care network and emergency care. \* Beds for palliative care. \* Beds for specialized care. \* Post-hospitalization trajectory for homeless people who use injection drugs (PUDI - Pilot-project with CHUM).

**Eligibility:** homeless men 25 years and over with health issues, palliative care: men who are homeless and terminally ill with a survival possibility of less than 3 months

**Capacity:** 8 convalescence beds, 2 beds for specialized care treatments

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Patient support associations

### AIDS COMMUNITY CARE MONTREAL

2075 Plessis Street, basement, Ville-Marie, Montréal, QC, H2L 2Y4

**514 527-0928 Fax:** 514 527-0701

**Website:** accmontreal.org

**Email:** info@accmontreal.org

**Services:** Resource centre for people living with HIV-AIDS or hepatitis C. Support \* Case management: guidance and referral. \* Support groups led by a member and a counsellor. \* Thematic groups led by counsellors on serostatus disclosure and testimonies. Material assistance \* Safe sex materials. \* Food and dietary supplements buyers club, information on nutrition and treatments. Education \* Information on treatments. \* Education and prevention. \* Training and conferences on the medical and psychosocial aspects of HIV and hepatitis C. \* Educational workshops for schools, groups and community centres. \* Sex education toolkit for teachers. \* Naloxone kits distribution. \* Interventions in festive environments.

**Eligibility:** people of all ages living with HIV or hepatitis C, their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 11h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

### AMICALE DES DIABÉTIQUES DU CHUM

1000 Saint-Denis Street, Pavillon B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

**Email:** amicale.diabetique.chum@ssss.gouv.qc.ca

**Services:** Education, information and support for people living with diabetes. \* Recreational and sports activities: aquafitness, fitness, swimming and bowling. \* Support group on demand. \* Cooking classes. \* Grocery store accompaniment with a professional. \* Nutritional education. \* Foot care. \* Diabetes screening. \* Annual events: Christmas event and conferences.

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### ARTHRITIS SOCIETY CANADA - QUEBEC REGION

3 Place Ville-Marie, Suite 400, Ville-Marie, Montréal, QC, H3B 2E3

**1 800 321-1433 Fax: 514 846-8999**

**Website:** arthritis.ca

**Email:** info@arthritis.ca

**Services:** \* Arthritis connections: self-help, information and support program. \* Arthritis talks: webinars and conferences. \* Arthritis information line: follow-up on information and support requests by phone and email. \* Digital and educational resources. \* E-Newsletter. \* Publications and information kits. \* Summer camp for kids with arthritis.

**Eligibility:** people of all ages living with arthritis, summer camp: children 8 to 16 years old

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** information line: free

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1B4

**514 350-5101**

**Website:** www.allerg.qc.ca

**Email:** aaiq@fmsq.org

**Services:** \* Pollen forecasts on Météo Média: click here \* Information on respiratory, food, skin, systemic and immunodeficiency allergies. \* Online directory of allergists. \* Representation of members.

**Eligibility:** allergists and immunologists, online service: general public

**Coverage area:** Province of Québec

**Financing:** contributions

**Legal status:** non-profit organization

### **CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C**

Confidential Address

**1 866 522-0444**

**Website:** [www.capahc.com/en](http://www.capahc.com/en)

**Email:** [info@capahc.com](mailto:info@capahc.com)

**Services:** \* Hotline with active listening and information on HIV, Hepatitis B and C and co-infection. \*

Publication of brochures. \* Training, education, symposium. \* Concertation committees.

**Eligibility:** infected or co-infected people with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

**Coverage area:** Province of Québec

**Hours:** hotline: 24 hours / 7 days, chat: 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

### **CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM**

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253 Fax:** 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

### **CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000**

**Website:** [chumontreal.qc.ca](http://chumontreal.qc.ca)

**Services:** University hospital centre offering general, specialized and superspecialized cares. \* Emergency and general medicine. \* Tests centre. \* Gynecological clinics: birth clinic, high-risk pregnancy, fertility and assisted procreation, urology, pregnancy interruption, menopause, familial planification and general gynecology. \* Cancer centre. \* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up. \* Pain clinic. \* Sleep clinic. \* CHUM Patient Health Line.

**Coverage area:** Province of Québec

**Hours:** CHUM Patient Health Line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**CLINIQUE D'INFECTIOLOGIE VIRALE CHRONIQUE**

1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000**

**Website:** [www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique](http://www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique)

**Services:** Medical follow-up for people with HIV. \* Nurses, psychologists and social workers. \* HIV testing.

**Eligibility:** people living with HIV

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC DE LA VISITATION**

1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3

**514 527-2361**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Nurse consultation. \* Contraception. \* Prenatal classes. \* Screening. \* Recovery of used needles and syringes. \* SIDEP - Integrated STI screening and prevention service. \* Blood sugar testing. \* General vaccination. \* Flu vaccination.

**Eligibility:** SIDEP+: men who have sexual relations with men

**Coverage area:** Ville-Marie, SIDEP +: Province of Québec

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**FEDERATION OF QUEBEC ALZHEIMER SOCIETIES**

460 Sainte-Catherine Street West, Suite 507, Ville-Marie, Montréal, QC, H3B 1A7

**1 844 320-9722**

**Website:** [alzheimer.ca/federationquebecoise/en](http://alzheimer.ca/federationquebecoise/en)

**Email:** [info@alzheimerquebec.ca](mailto:info@alzheimerquebec.ca)

**Services:** \* Advocacy and awareness. \* Public information and training of health care professionals. \* Support, counselling workshops, follow-up. \* Housing support. \* Respite and stimulation. \* First Link: help by phone. \* Provincial research funds.

**Eligibility:** people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** membership fees, donations, grants

**Legal status:** non-profit organization

**FONDATION JEAN MARC PAQUETTE - SAFIR**

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** [www.fjmp.org/fr/safir](http://www.fjmp.org/fr/safir)

**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**FONDATION VARIETY QUÉBEC**

1 Ville-Marie Place, Suite 3900, Ville-Marie, Montréal, QC, H3B 4M7

**Website:** www.variety-quebec.ca

**Email:** info@variety-quebec.ca

**Services:** Support for children in need. \* Financial assistance for medical expenses, therapy, specialized equipment, social and recreational activities.

**Eligibility:** children who are vulnerable and disadvantaged and have special needs due to illness, physical or mental disability, their parents

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**FONDATION VIRAGE POUR LE SOUTIEN AU CANCER**

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

**Website:** www.viragecancer.org

**Email:** fondationvirage@gmail.com

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES**

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

**514 523-0979 Fax:** 514 523-3075

**Website:** geipsi.ca

**Email:** info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

**GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM**

1051 Sanguinet Street, Suite D01-3002, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000 ext. 24619**

**Website:** soutienprostatechum.org

**Email:** pasqualepalumbo@videotron.ca

**Services:** Support for people living with prostate cancer. \* Phone support. \* Moral support for people living with the disease and their families. \* Personalized support by trained volunteers who have had the same experience. \* Conferences, monthly information and discussion workshop, led by a specialist doctor and followed by a discussion between participants.

**Eligibility:** people with prostate cancer, their relatives, their caregivers, patients from any hospitals are accepted

**Capacity:** 15 participants per workshop

**Coverage area:** Greater Montréal

**Hours:** support group: messages checked by voice mail or e-mail, every day

**Fees:** none

**Financing:** donations

**Legal status:** parapublic organization

## HEART AND STROKE FOUNDATION

630 Sherbrooke Street West, Suite 200, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 473-4636**

**Website:** [www.heartandstroke.ca](http://www.heartandstroke.ca)

**Services:** Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy. \* Online directory.

**Coverage area:** Canada

**Financing:** donations

**Legal status:** non-profit organization

## HELPING HAND FOR BURN SURVIVORS

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 527-7555**

**Website:** [www.entraidegb.org](http://www.entraidegb.org)

**Email:** [dg@entraidegb.org](mailto:dg@entraidegb.org)

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## HUNTINGTON SOCIETY OF QUÉBEC

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

**1 877 282-2444**

**Website:** [www.huntingtonqc.org](http://www.huntingtonqc.org)

**Email:** [shq@huntingtonqc.org](mailto:shq@huntingtonqc.org)

**Services:** \* Weekly workshops on sensorimotor stimulation for people living with the disease. \* Listening, support and referrals. \* Online documentation. \* Open support group for caregivers and families. \* Public awareness. \* Family accompaniment and training. \* Conference day. \* Summer camp for people living with the disease. \* Healing stay for caregivers.

**Eligibility:** adults and teenagers with Huntington disease, their caregivers, their family, the health professionals who work with them

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** provincial, donations, fundraising campaigns, self-financing

**Legal status:** non-profit organization

### MAISON PLEIN COEUR

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** maisonpleincoeur.org/programmes-et-activites

**Email:** info@maisonpleincoeur.org

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### MCGILL REPRODUCTIVE CENTRE (THE)

888 De Maisonneuve Boulevard East, Suite 200, Ville-Marie, Montréal, QC, H2L 4S8

**514 843-1650**

**Website:** muhc.ca/reproductivecentre

**Email:** fertility@muhc.mcgill.ca

**Services:** Medical treatment for infertility. \* In vitro and basic fertility treatment. \* Fertility preservation. \* Specialized treatments. \* Counselling and support. \* Evaluation and treatment of male fertility. \* Reproductive assistance with donor donation.

**Eligibility:** people living with fertility issues

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** parapublic organization

### MONTREAL GENERAL HOSPITAL

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization



**MULTIPLE SCLEROSIS CANADA - QUÉBEC DIVISION**

1981 McGill College Avenue, 2nd Floor, Office 200, Locker 135, Ville-Marie, Montréal, QC, H3A 2Y1

**1 800 268-7582** Fax: 514 849-8914

**Website:** mssociety.ca

**Email:** info.qc@mssociety.ca

**Services:** \* Information and education concerning the different aspects of multiple sclerosis. \* Referral to services that can improve living conditions. \* Advocacy support. \* Promotion and medical research funding. \* Creation of local sections in most regions of Québec. \* Phone listening. \* Leisure activities. \* Educational and training sessions for health professionals and volunteers.

**Eligibility:** people with multiple sclerosis, their family, caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, support and information: Monday to Friday 8h00 to 20h00

**Fees:** variable

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTRÉAL SECTION**

1981 McGill College Avenue, Suite 200, Ville-Marie, Montréal, QC, H3A 2Y1

**514 225-9575**

**Website:** mscanada.ca/ms-canada-montréal

**Email:** info.montreal@spscanada.ca

**Services:** \* Information on the different aspects of the illness. \* Educational and training sessions for health professionals and volunteers. \* Referral to services that can improve living conditions. \* Support in the assertion of rights. \* Promotion and funding of research. \* Phone listening service. \* Support groups. \* Leisure activities.

**Eligibility:** patients with multiple sclerosis, their families, friends with multiple sclerosis

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

**Fees:** activities: free or at low cost

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**NEURO-PATIENT RESOURCE CENTRE**

3801 University Street, Suite 354, Ville-Marie, Montréal, QC, H3A 2B4

**514 398-5358** Fax: 514 398-5275

**Website:** www.mcgill.ca/infoneuro

**Email:** infoneuro@muhc.mcgill.ca

**Services:** \* Specialized library, loan and on-site consultation. \* Research assistance and referral, on site or by phone. \* Online database. \* Publication of informative documents.

**Eligibility:** people 18 years old and over patients treated for neurological disorders, their family and caregivers

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## NON-INSURED HEALTH BENEFITS

200 René-Lévesque Boulevard West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 483-1575 Fax:** 514 283-7762

**Website:** [www.sac-isc.gc.ca/eng/1576790320164/1576790364553](http://www.sac-isc.gc.ca/eng/1576790320164/1576790364553)

**Services:** Coverage for a range of health benefits for eligible First Nations and Inuit clients who are not covered by social programs, private insurance plans or provincial or territorial health insurance plans. \* Vision care. \* Dental care. \* Mental health counselling. \* Medical equipment and supplies. \* Prescription drugs and certain over-the-counter products. \* Medical transportation not available on reserve or in community of residence. \* Reimbursement process: [www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206](http://www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206) \* How to appeal a decision: [www.sac-isc.gc.ca/eng/1579792696583/1579792732972](http://www.sac-isc.gc.ca/eng/1579792696583/1579792732972)

**Eligibility:** First Nations, Inuit

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** federal

**Legal status:** federal government agency

## PARKINSON MONTREAL-LAVAL

560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6

**514 868-0597 Fax:** 514 861-4510

**Website:** [parkinsonmontreallaval.ca/en](http://parkinsonmontreallaval.ca/en)

**Email:** [montreal-laval@parkinsonquebec.ca](mailto:montreal-laval@parkinsonquebec.ca)

**Services:** \* Referral and information line. \* Meeting for people recently diagnosed and their families. \* Support group for people living with Parkinson's. \* Support group for caregivers. \* Counselling for caregivers. \* Referrals for adapted exercises: singing, dancing, boxing, walking, yoga, stretching, etc. \* Tandem: pairing for diagnosed people. \* Virtual and in-person conferences.

**Eligibility:** people living with Parkinson's disease, their caregivers

**Capacity:** according to activity

**Coverage area:** Montréal Island, Laval

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

## PARKINSON QUÉBEC

560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6

**1 800 720-1307**

**Website:** [parkinsonquebec.ca/en](http://parkinsonquebec.ca/en)

**Email:** [info@parkinsonquebec.ca](mailto:info@parkinsonquebec.ca)

**Services:** Information, support and referral telephone line for people living with Parkinson's disease and their caregivers. \* Virtual support and exercise groups. \* Information and awareness about the disease. \* Funding and promotion of research.

**Eligibility:** people living with Parkinson's disease and their family, caregivers, health care professionals

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** donations, fundraising campaigns, federal, provincial

**Legal status:** non-profit organization

### QUEBEC CANCER FOUNDATION

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063 Fax:** 514 527-1943

**Website:** cancerquebec.ca/en

**Email:** cancerquebec.mtl@fqc.qc.ca

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### QUÉBEC CANCER FOUNDATION - MONTRÉAL LODGE NORMAN FORTIER

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**514 527-2194 Fax:** 514 527-1943

**Website:** cancerquebec.ca/en/services/accommodations/montreal

**Email:** cancerquebec.mtl@fqc.qc.ca

**Services:** Accommodation for people undergoing cancer treatments in Montréal hospitals. \* Accompaniment. \* Art therapy. \* Massage therapy, kinesiology and acupuncture.

**Eligibility:** people living with cancer, their relatives

**Capacity:** 49 beds

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00

**Fees:** low cost

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX

2075 Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063**

**Website:** www.cancer15-39.com

**Email:** cancer15-39@fqc.qc.ca

**Services:** Website for teenagers and young adults with cancer and their loved ones: www.cancer15-39.com \* Information about the disease. \* List of services and resources available across the province. \* Tools and practical tips for young people and their loved ones.

**Eligibility:** youth 15 to 39 years old and living with the cancer, their relatives

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none or minimal fees

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## QUÉBEC HIV/AIDS PORTAL

Confidential Address

**514 523-4636**

**Website:** pvsq.org

**Email:** info@pvsq.org

**Services:** Phone line for any question about HIV and other sexually transmitted infections (STIs). \* Online chat. \* Sext'Info: anonymous and confidential text message line for any questions about HIV and STIs. \* Community research projects.

**Eligibility:** people living with HIV/AIDS or STIs, or having interrogations about HIV/AIDS or STIs, relatives, professionals

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

## RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749 TTY:** 1 800 361-3939

**Website:** www.ramq.gouv.qc.ca/en

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation \* Advance medical directives online form: www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAIS DE LUTTE CONTRE LE SIDA

2000 Notre-Dame Street East, Suite 502, Ville-Marie, Montréal, QC, H2K 2N3

**438 521-8609**

**Website:** toms-mtl.org

**Email:** coordo@toms-mtl.org

**Services:** Grouping of community organizations working in HIV and other STBBIs prevention, health and wellness promotion, housing and support for people living with HIV/AIDS and other STBBIs and their families. \* Advocacy for Montreal organizations working on the fight against HIV/AIDS. \* Dialogue and collaboration among all stakeholders. \* Information and training activities for member organizations. \* Raising awareness among the population.

**Eligibility:** community organizations working on HIV and STBBIs prevention or providing support to people living with HIV

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** membership fee

**Financing:** contributions, provincial, regional

**Legal status:** non-profit organization

## WAR AMPS (THE)

606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 250-3030 Fax:** 1 877 600-6212

**Website:** www.waramps.ca

**Email:** customerservice@waramps.ca

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Public Health

### AIDS COMMUNITY CARE MONTREAL

2075 Plessis Street, basement, Ville-Marie, Montréal, QC, H2L 2Y4

**514 527-0928** Fax: 514 527-0701

**Website:** accmontreal.org

**Email:** info@accmontreal.org

**Services:** Resource centre for people living with HIV-AIDS or hepatitis C. Support \* Case management: guidance and referral. \* Support groups led by a member and a counsellor. \* Thematic groups led by counsellors on serostatus disclosure and testimonies. Material assistance \* Safe sex materials. \* Food and dietary supplements buyers club, information on nutrition and treatments. Education \* Information on treatments. \* Education and prevention. \* Training and conferences on the medical and psychosocial aspects of HIV and hepatitis C. \* Educational workshops for schools, groups and community centres. \* Sex education toolkit for teachers. \* Naloxone kits distribution. \* Interventions in festive environments.

**Eligibility:** people of all ages living with HIV or hepatitis C, their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 11h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

### ALIMA, PERINATAL SOCIAL NUTRITION CENTRE

2182 Lincoln Avenue, Ville-Marie, Montréal, QC, H3H 1J3

**514 937-5375** Fax: 514 937-7453

**Website:** www.dispensaire.ca

**Email:** info@centrealima.ca

**Services:** Perinatal social nutrition program for pregnant women in vulnerable situations. \* Nutritional counselling. \* Olo coupons and food distribution. \* Active breastfeeding support. \* Social intervention, psychosocial support and community support. \* Virtual workshops on perinatal health and nutrition and breastfeeding.

**Eligibility:** pregnant women in vulnerable situations and their newborn baby

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 15h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, federal, provincial, municipal, foundations, donations

**Legal status:** non-profit organization

### AMICALE DES DIABÉTIQUES DU CHUM

1000 Saint-Denis Street, Pavilion B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

**Email:** amicale.diabetique.chum@ssss.gouv.qc.ca

**Services:** Education, information and support for people living with diabetes. \* Recreational and sports activities: aquafitness, fitness, swimming and bowling. \* Support group on demand. \* Cooking classes. \* Grocery store accompaniment with a professional. \* Nutritional education. \* Foot care. \* Diabetes screening. \* Annual events: Christmas event and conferences.

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

**ASSOCIATION DES PÉDIATRES DU QUÉBEC**

150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 350-5127 Fax:** 514 350-5177

**Website:** pediatres.ca

**Email:** pediatre@fmsq.org

**Services:** \* Promotion of pediatric medicine in Québec. \* Representation and defence of the association's members. \* Online directory: APQ

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees

**Legal status:** non-profit organization

**CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - RENCONTRES CUISINES**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** www.carrefoursolidaire.org

**Email:** info@carrefoursolidaire.org

**Services:** Collective kitchens and culinary and urban farming educational workshops. \* Collective gardens. \* Youth component.

**Eligibility:** individuals and families on a low income, youth

**Coverage area:** Centre-Sud

**Hours:** office: Monday to Friday 9h30 to 16h30, activities in the daytime, evening and week-end

**Fees:** annual membership: \$5, collective kitchens: average of \$1.30 per serving, culinary and gardening workshops: \$5 for members, \$7 for non-members or voluntary contribution

**Financing:** Centraide of Greater Montreal, donations, provincial, municipal, membership fees, self-financing

**Legal status:** non-profit organization

**CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C**

Confidential Address

**1 866 522-0444**

**Website:** www.capahc.com/en

**Email:** info@capahc.com

**Services:** \* Hotline with active listening and information on HIV, Hepatitis B and C and co-infection. \* Publication of brochures. \* Training, education, symposium. \* Concertation committees.

**Eligibility:** infected or co-infected people with Hepatitis C and HIV, homeless or not, people affected by Hepatitis C

**Coverage area:** Province of Québec

**Hours:** hotline: 24 hours / 7 days, chat: 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax:** 514 525-9346

**Website:** www.denise-masse.org

**Email:** direction@denise-masse.org

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## CHAMBRE DES NOTAIRES DU QUÉBEC

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793 Fax:** 514 879-1923

**Website:** [www.cnq.org/en](http://www.cnq.org/en)

**Email:** [information@cnq.org](mailto:information@cnq.org)

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \* Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## CLINIQUE D'INFECTIOLOGIE VIRALE CHRONIQUE

1000 Saint-Denis Street, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000**

**Website:** [www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique](http://www.chumontreal.qc.ca/repertoire/infectiologie-virale-chronique)

**Services:** Medical follow-up for people with HIV. \* Nurses, psychologists and social workers. \* HIV testing.

**Eligibility:** people living with HIV

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** parapublic organization

## CLINIQUE MÉDICALE L'ACTUEL

1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9

**514 524-1001 Fax:** 514 524-3831

**Website:** [cliniquelactuel.com/home](http://cliniquelactuel.com/home)

**Email:** [info@lactuel.ca](mailto:info@lactuel.ca)

**Services:** General health cares and specialized in STBBDs. \* General medicine. \* PEP clinic: HIV post-exposure prophylaxis. \* HIV screening with rapid results (10 minutes). \* Prompt care and treatment for any person diagnosed with HIV. \* Screening and treatment of sexually transmitted and blood-borne diseases (STBBDs). \* Treatment of STBBDs emergencies. \* PREP clinic: pre-exposure prophylaxis for people uninfected to HIV but at high-risk. \* Hepatitis clinics. \* Clinical research.



**Eligibility:** men and women at risk of STBIs, intravenous drug users (IDU), sex workers, LGBTQ+ people, general medicine: open to all, especially vulnerable people

**Capacity:** 12 to 20 people for emergencies without appointment

**Coverage area:** Greater Montréal, primarily Montréal Island

**Hours:** Monday to Thursday 7h30 to 20h00, Friday 7h30 to 16h30, emergencies: Monday to Friday 7h30 to 11h30, Saturday and Sunday 7h30 to 12h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** commercial enterprise

### CLSC DE LA VISITATION

1705 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C3

**514 527-2361**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=312500)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Nurse consultation. \* Contraception. \* Prenatal classes. \* Screening. \* Recovery of used needles and syringes. \* SIDEPE - Integrated STI screening and prevention service. \* Blood sugar testing. \* General vaccination. \* Flu vaccination.

**Eligibility:** SIDEPE+: men who have sexual relations with men

**Coverage area:** Ville-Marie, SIDEPE +: Province of Québec

**Hours:** Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, walk-in clinic: Monday and Tuesday 8h00 to 16h00, Thursday to Sunday 8h00 to 16h00, psychosocial services: Monday to Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC MÉTRO

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 731-87531**

**Website:** [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Prenatal classes. \* Screening. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* SIDEPE - Integrated screening and prevention service for STIs. \* Flu vaccination.

**Coverage area:** Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC PARTHENAIS

2260 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T5

**514 527-2361**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1628](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1628)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Bandage change and follow-up. \* Contraception. \* Emergency oral contraception. \* Prenatal classes. \* Screening. \* Distribution of new injection equipment to drug users (free service). \* Family health care. \* Recovery of used needles and syringes. \* General Vaccination. \* Flu vaccination.

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC SAINTE-CATHERINE**

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

**514 527-2361**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=508](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=508)

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Abortion. \* Bandage change and follow-up. \* Minor surgery. \* Nurse consultation \* Same or next day medical consultations (for registered patients). \* Contraception. \* Emergency oral contraception. \* Prenatal classes \* Screening. \* Distribution of new injection equipment to drug users (free service). \* Family health care. \* Recovery of used needles and syringes. \* General vaccination. \* Flu vaccination.

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

**COLLÈGE DES MÉDECINS DU QUÉBEC**

1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2

**1 888 633-3246**

**Website:** [www.cmq.org/home.aspx](http://www.cmq.org/home.aspx)

**Email:** [info@cmq.org](mailto:info@cmq.org)

**Services:** Professional order. \* Verification of the future physicians skills and their aptitude to practice medicine. \* Promotion of the maintenance of skills. \* Assessment and monitoring of the professional practice. \* Control of the illegal practice of medicine. \* Reception and study of complaints. \* Authentication of physician's signature. \* Access to medical records kept. \* Position-taking in major health debates of public concern. \* Promotion of quality medicine.\* Information on permit applications. \* Physicians' directory: <https://www.cmq.org/en/directory> \* Information and list of disciplinary decisions: <https://www.cmq.org/en/protect-the-public/follow-disciplinary-file/disciplinary-decisions>

**Eligibility:** physicians, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

**DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL**

1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1

**514 528-2400**

**Website:** [sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=42403](http://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=42403)

**Email:** [santemontreal.mtl@ssss.gouv.qc.ca](mailto:santemontreal.mtl@ssss.gouv.qc.ca)

**Services:** Continuous surveillance of public health. \* Information on high-priority health problems, vulnerable groups and risk factors. \* Identification of potentially problematic situations and required measures. \* Prevention and health promotion.

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** non-profit organization

**DOSSIER DES DONNS DE CORPS À LA SCIENCE**

2050 De Bleury Street, Suite RC -10, Ville-Marie, Montréal, QC, H3A 2J5

**514 398-2575 TTY: 1 800 361-9596**

**Website:** [www.quebec.ca/en/health/blood-tissue-and-organ-donation/donating-your-body-to-science](http://www.quebec.ca/en/health/blood-tissue-and-organ-donation/donating-your-body-to-science)

**Services:** Body donations to educational institutions for education and research purposes. \* Participating institutions: Université Laval, McGill University, Université de Sherbrooke, Collège de Rosemont, Université du Québec à Trois-Rivières.

**Eligibility:** people over 14 years old people that have attested their consent (by form or formally telling the family) or people less than 14 years old with their parents or tutor's consent

**Coverage area:** Province of Québec

**Hours:** phone service: Monday to Friday 8h00 to 18h00

**Fees:** free for displacement of less than 250 kms or of less than 60 kms for McGill University, fees may apply for longer displacements

**Financing:** provincial

**Legal status:** parapublic organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

**Website:** [www.viragecancer.org](http://www.viragecancer.org)

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### HEALTH CANADA

200 René Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4

**1 866 225-0709 Fax:** 613 941-5366 **TTY:** 1 800 465-7735

**Website:** [www.canada.ca/en/health-canada.html](http://www.canada.ca/en/health-canada.html)

**Email:** [hcinfo.infosc@canada.ca](mailto:hcinfo.infosc@canada.ca)

**Services:** Ministry in charge of health care services and the reduction of health risks. \* Modernization of the health care system. \* Health promotion and prevention of diseases. \* Canada's food guide: [www.food-guide.canada.ca/en](http://www.food-guide.canada.ca/en)

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

### KONTAK

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4

**438 867-2436**

**Website:** [kontak.ca](http://kontak.ca)

**Email:** [pnputreach@accmontreal.org](mailto:pnputreach@accmontreal.org)

**Services:** Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. \* Sexual harm reduction and drug use material. \* Support and accompaniment. \* Education, awareness, information sharing and referral. \* Workshops on sexuality and drug use.

**Eligibility:** gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MONTRÉAL - CITY - DIRECTION DE L'HABITATION**

303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8

**514 588-7098**

**Website:** [montreal.ca/unites/service-de-lhabitation](http://montreal.ca/unites/service-de-lhabitation)

**Email:** [info.habiter@montreal.ca](mailto:info.habiter@montreal.ca)

**Services:** Assistance with the accessibility and improvement of affordable, social and community housing. \* Legislation. \* Housing grants programs. \* Construction, demolition and reconstruction permits. \* In charge of Société d'habitation du Québec's programs for Montréal Island.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

**ORDRE DES DIÉTÉTISTES NUTRITIONNISTES DU QUÉBEC**

550 Sherbrooke Street West, West Tower, Suite 1855, Ville-Marie, Montréal, QC, H3A 1B9

**1 888 393-8528**

**Website:** [odnq.org](http://odnq.org)

**Email:** [info@odnq.org](mailto:info@odnq.org)

**Services:** Professional order. \* Public protection and quality control of the professional act. \* Promotion of the importance of nutrition, healthy eating and nutritional care. \* Online directory: [odnq.org/trouver-une-dietetiste-nutritionniste](http://odnq.org/trouver-une-dietetiste-nutritionniste)

**Eligibility:** general public, dietitians

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**PROJET TRIP**

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

**PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE**

200 René-Lévesque Boulevard West, East Tower, Ville-Marie, Montréal, QC, H2Z 1X4

**1 844 280-5020**

**Website:** [www.canada.ca/en/public-health.html](http://www.canada.ca/en/public-health.html)

**Services:** Promotion and protection of Canadians' health. \* Preparation and implementation of prevention or emergency measures. \* Broadcast of information about infectious diseases, chronic illnesses, travelers' health, food safety, immunization and vaccines, emergency preparedness and response, injury prevention, lab biosafety, surveillance. \* Grants to community organizations. \* Medical information on the Covid-19:

[www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749** TTY: 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100** Fax: 514 521-7665

**Website:** [www.rezosante.org](http://www.rezosante.org)

**Email:** [info@rezosante.org](mailto:info@rezosante.org)

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**SPECTRE DE RUE**

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700** Fax: 514 528-1532

**Website:** www.spectrederue.org

**Email:** administration@spectrederue.org

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL**

405 Sainte-Catherine Street East, Suite J-M320, Ville-Marie, Montréal, QC, H2L 2C4

**514 987-3000** Fax: 514 987-8932

**Website:** uqam.ca/en/information/about

**Services:** Public educational establishment at university level \* 1st, 2nd and 3rd cycle programs. \* Continuing and development training. \* Distance learning. \* Student residences. \* Service à la vie étudiante: click here \* On-line information and videos: demystifying and mastering stress, assertiveness, living with a disability, setting career goals, etc. \* Preparatory music school. \* Sports centre. \* Lifeguard and first-aid training. \* Research and creative units. \* Other regional campuses: Terrebonne, Laval, Longueuil and Saint-Constant. Student groups \* Student Parent Support Committee. \* UQAM First Nations Circle. \* Public Interest Research Group (GRIP-UQAM). \* Many other groups and resources available.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Fees:** lifeguard and first aid: free for bronze and general training

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE**

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** sexologie.uqam.ca/clinique-de-sexologie

**Email:** clinique.sexologie@uqam.ca

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals. \* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**VILLE-MARIE - BOROUGH**

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax:** 514 872-8347

**Website:** [ville.montreal.qc.ca/villemarie](http://ville.montreal.qc.ca/villemarie)

**Email:** [ville-marie@montreal.ca](mailto:ville-marie@montreal.ca)

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## **Homelessness**

**ADVOCACY**

**DAY AND EVENING CENTRES**

**HEALTH CARE**

**MOBILE UNITS AND STREET WORK**

**SHELTERS**

**SUPPORTIVE HOUSING**

**TRANSITIONAL HOUSING**

**YOUTH SHELTERS**



## Advocacy

### CLINIQUE DROITS DEVANT

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

**514 603-0265** Fax: 514 303-2313

**Website:** [www.cliniquedroitsdevant.org/index.php/en/home](http://www.cliniquedroitsdevant.org/index.php/en/home)

**Email:** [intervention@cliniquedroitsdevant.org](mailto:intervention@cliniquedroitsdevant.org)

**Services:** \* Information regarding fines (legal proceeding), referrals. \* Assistance with accessing court records and with writing up complaints against police abuse. \* Accompaniment to the municipal court and the Palais de justice de Montréal. \* Training for counsellors. \* Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** drop-in reception on Mondays 9h00 to 12h00 and 13h00 to 16h00 and Tuesdays 13h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### COMMISSAIRE AUX PERSONNES EN SITUATION D'ITINÉRANCE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** [montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [serge.lareault@montreal.ca](mailto:serge.lareault@montreal.ca)

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. \* Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. \* Development and outreach work on homelessness issues and best support practices. \* Municipal administration, partners and citizens' awareness. \* Encourages concerted action between partners for the development of adapted services. \* Contribution to the development of a global vision and a municipal support plan. \* Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

### DANS LA RUE - CHEZ POPS

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** [danslarue.org/en/](http://danslarue.org/en/)

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

### DIOGÈNE SUIVI COMMUNAUTAIRE

Confidential Address

**514 874-1214** Fax: 514 874-0703

**Website:** [www.diogeneqc.org](http://www.diogeneqc.org)

**Email:** [info@diogeneqc.org](mailto:info@diogeneqc.org)

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres. \* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### PROJET LOGEMENT MONTRÉAL

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

**Website:** [www.projetlogementmontreal.org](http://www.projetlogementmontreal.org)

**Email:** [info@projetlogementmontreal.org](mailto:info@projetlogementmontreal.org)

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

### RÉSEAU D'AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL

1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5

**Website:** [rapsim.org](http://rapsim.org)

**Email:** [info@rapsim.org](mailto:info@rapsim.org)

**Services:** \* Network of organizations working with people who are homeless or at risk of homelessness. \* Collective rights advocacy. \* Consultation with stakeholders and public authorities. \* Dissemination of information and knowledge sharing on homelessness issues.

**Eligibility:** organizations working to prevent and reduce homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Financing:** Centraide of Greater Montréal, provincial, grants, membership fees

**Legal status:** non-profit organization

## Day and evening centres

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax: 514 845-2287**

**Website:** [www.accueilbonneau.com/en](http://www.accueilbonneau.com/en)

**Email:** [info@accueilbonneau.com](mailto:info@accueilbonneau.com)

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

## CACTUS MONTRÉAL

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 Fax:** 514 847-0038

**Website:** cactusmontreal.org/en

**Email:** info@cactusmontreal.org

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## CAFÉ L'ITINÉRAIRE

2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238 Fax:** 514 597-1544

**Website:** www.itineraire.ca

**Email:** courrier@itineraire.ca

**Services:** Place for meeting and discussion. \* Referral. \* Meals for members and vendors only. \* On-site donation recovery: warm socks, mittens and gloves, hats, hand warmers, scarves, warm boots, easy to transport snacks (granola bars, fruit purees, cheese, yogourt and fruits), feminine hygiene products.

**Eligibility:** L'itinéraire magazine vendors and members

**Capacity:** 30 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** meals: \$6 or voucher

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

### **CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax:** 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### **CHEZ DORIS, WOMEN'S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### **CHRIST CHURCH CATHEDRAL**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 843-6577 ext. 241 Fax:** 514 843-6344

**Website:** [www.montrealcathedral.ca](http://www.montrealcathedral.ca)

**Email:** [administrator@montrealcathedral.ca](mailto:administrator@montrealcathedral.ca)

**Services:** \* Lunch every last Sunday of the month.

**Eligibility:** people in need

**Capacity:** 120 people

**Coverage area:** Downtown

**Hours:** office: Monday to Friday 9h00 to 17h00, lunch: last Sunday of the month at 12h30

**Fees:** none

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### **CIUSSS CSIM - ÉQUIPE ITINÉRANCE**

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

**514 527-2361 ext. 3625**

**Services:** Services to facilitate access to health and social services for people experiencing homelessness. \* Psychosocial and health care services. \* Interdisciplinary team: social work, nursing, special education, peer helper, and others. \* Services adapted to the needs expressed. \* Services available in CLSCs and in certain targeted community settings.

**Eligibility:** people 14 years and over experiencing homelessness

**Coverage area:** Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

**Hours:** walk-in clinic at CLSC Ste-Catherine, in nursing or social work: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### **DANS LA RUE**

533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 520-7677 Fax:** 514 526-5445

**Website:** danslarue.org/en

**Email:** info@danslarue.org

**Services:** Accompaniment of youth in difficulty. \* Roulotte: street work. \* Chez Pops: day centre. \* The Bunker: emergency shelter. \* Social housing with community support for members. \* Family services for members.

**Eligibility:** people 25 years old and under in difficulty, social housing and family services: only people who are already attending the organization

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 16h00

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **DANS LA RUE - CHEZ POPS**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** danslarue.org/en/

**Email:** centredejour@danslarue.org

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**DANS LA RUE - THE BUNKER**

Confidential Address

**514 524-0029 Fax:** 514 524-7383**Website:** danslarue.org/en/**Email:** bunker@danslarue.org

**Services:** Emergency shelter for 3 to 5 days. \* Reception of minor runaways. \* Breakfast and dinner. \* Assistance in obtaining identification documents. \* Information and referral. \* Assistance with social reintegration procedures.

**Eligibility:** homeless people 12 to 21 years old, homeless people trans persons 12 to 26 years old, with or without pets

**Capacity:** 17 beds**Coverage area:** Montréal Island**Hours:** Sunday to Wednesday 18h00 to 12h00, admissions: until 2h00**Fees:** none**Financing:** donations**Legal status:** non-profit organization**DANS LA RUE - THE VAN**

533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 520-7677 Fax:** 514 526-5445**Website:** danslarue.org/en/**Email:** info@danslarue.org

**Services:** Street work. \* Listening, support and referral. \* Meals and donation of food, clothing and basic hygiene items. \* First stop: 20h15 to 20h45, Morgan Avenue and Sainte-Catherine Street. \* Second stop: 21h00 to 21h15, Langelier station. \* Third stop: 21h30 to 22h10, Frontenac station. \* Fourth stop: 22h45 to 23h15, du Mont-Royal Avenue and Saint-Hubert Street. \* Last stop: 23h30 to 00h15, Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).

**Eligibility:** street people 25 years old and under

**Capacity:** 150 people per night**Coverage area:** Centre-Sud, Plateau Mont-Royal, Hochelaga-Maisonneuve, Downtown**Hours:** van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15**Fees:** none**Financing:** donations**Legal status:** non-profit organization**DIOGÈNE SUIVI COMMUNAUTAIRE**

Confidential Address

**514 874-1214 Fax:** 514 874-0703**Website:** www.diogeneqc.org**Email:** info@diogeneqc.org

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres. \* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none**Financing:** provincial, federal**Legal status:** non-profit organization

**DOWNTOWN YMCA - DIALOGUE PROGRAM**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 ext. 21775 Fax:** 514 849-2411

**Website:** [www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-dialogue](http://www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-dialogue)

**Email:** [dialogue.cv@ymcaquebec.org](mailto:dialogue.cv@ymcaquebec.org)

**Services:** \* Information, support and referral. \* Monitoring and mediation with reintegration procedures: medical appointments, obtaining identification cards and welfare assistance, procedures to access a rehabilitation program, gaining access to housing and the job market. \* Access to showers. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** people who are homeless and vulnerable

**Coverage area:** West of Downtown

**Hours:** Monday to Friday 8h30 to 16h30, showers: Monday to Friday 8h00 to 11h30

**Fees:** none

**Financing:** donations, municipal

**Legal status:** non-profit organization

**DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**EN MARGE 12-17**

Confidential Address

**514 849-7117 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [hebergement@enmarge1217.ca](mailto:hebergement@enmarge1217.ca)

**Services:** Reception and housing for youth in difficulties. \* Listening and reassurance. \* Street outreach work including prevention, education, referral and advocacy. \* Emergency shelter and short term accommodation. \* Post-shelter accompaniment activities. \* Social housing for youth who have already benefited from another service: transitional housing with support to promote social reintegration and autonomy. \* Parents en marge de la rue: support for parents. \* Phone consultation and training for professionals.

**Eligibility:** youth in difficulty 12 to 17 years old, their families, professionals, social housing: youth 16 to 22 years old who have already benefited from another service

**Capacity:** social housing: 5 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days, 365 days a year

**Fees:** social housing: \$350 per month

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**EN MARGE 12-17 - VOLET PARENT**

Confidential Address

**514 849-5632** Fax: 514 849-7292**Website:** www.enmarge1217.ca**Email:** parents@enmarge1217.ca

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-4546** Fax: 514 934-0063**Website:** faceafacemontreal.org**Email:** info@faceafacemontreal.org

**Services:** \* Active listening and support over the phone and in person. \* Individual counselling. \* Information and distribution of welfare checks. \* Information on housing search, low-cost housing and the area's shelters. \* Housing search for people who do not have access to the Internet. \* Reception of mail and telephone messages, proof of address for homeless people. \* Internet and telephone access. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Accompaniment to medical appointments, appointments with other organizations, apartment visits, procedures to apply for social housing, etc.

**Eligibility:** people in search of housing, people experiencing or at risk of experiencing homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 17h00, last week of the month: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**GROUPE COMMUNAUTAIRE L'ITINÉRAIRE**

2103 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238** Fax: 514 597-1544**Website:** itineraire.ca**Email:** direction@itineraire.ca

**Services:** Accompaniment of marginalized people. \* Publication of L'itinéraire magazine. \* The Roundhouse Café: job integration for Indigenous people, meal vouchers and meals for homeless people. \* Café L'itinéraire: place of meeting and exchange, referral, meals for members and vendors of L'itinéraire. \* Sale and distribution of meal vouchers for full meals at partner restaurants. \* Tax clinic for members.

**Eligibility:** homeless, ex-homeless, alcoholic or drug-addicted people, any person in social or financial need

**Capacity:** 30 people

**Coverage area:** Greater Montréal, Granby, Longueuil, Saint-Jérôme, Sutton

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** solidarity meal voucher: \$6

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization



## GRUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

514 523-0979 Fax: 514 523-3075

Website: [geipsi.ca](http://geipsi.ca)

Email: [info@geipsi.ca](mailto:info@geipsi.ca)

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

## HERSTREET

1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7

514 284-9665 Fax: 514 284-6570

Website: [www.laruedesfemmes.org/en](http://www.laruedesfemmes.org/en)

Email: [info@laruedesfemmes.org](mailto:info@laruedesfemmes.org)

**Services:** Day centre and emergency shelter for women experiencing homelessness. \* Day centre: meals, rest areas and relational health care. \* Support, counselling, crisis intervention, individual counselling, referral and accompaniment. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Distribution of menstrual hygiene products. \* Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. \* Short, medium or long term shelter and emergency beds.

**Eligibility:** women experiencing homelessness or difficulty

**Capacity:** Olga's emergency shelter: 9 beds

**Coverage area:** Greater Montréal

**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h00 to 15h00, lunch 11h30 to 12h45, meals served at the door: breakfast 8h00 to 9h15, dinner 17h00 to 18h00

**Fees:** meals at the day centre and emergency shelter: none

**Financing:** self-financing, municipal, provincial, federal

**Legal status:** non-profit organization

## MAISON DU PÈRE (LA)

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

514 845-0168 Fax: 514 845-2108

Website: [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

Email: [info@maisondupere.org](mailto:info@maisondupere.org)

**Services:** \* Housing for social reintegration. \* J.-A. De Sève: residence for homeless seniors. \* Housing maintenance with social guidance. \* Reception and housing centre in referencing. \* Shelter. \* Food donations. \* Clothing donations for people who use the organizations' services. \* Health care with convalescence and palliative care beds. \* Social accompaniment: assistance with obtaining identity cards, social welfare, pensions and assistance with searching for a therapy or detoxification centre. \* Compensatory work. \* Bank counter for exchanging welfare checks for people with no bank account.

**Eligibility:** homeless men 25 years old and over wanting to undertake social reintegration procedures

**Capacity:** 487 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

### MÉTA D'ÂME

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000 Fax:** 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Drop-in and peer support centre. \* Accompaniment and support towards the achievement of the goals: steps related to health, social and economic reintegration. \* Transitional housing. \* Social housing with community support. \* Recreational activities and educational workshops. \* Advocacy. \* \* PROFAN 2.0 Program: training on preventing overdoses with Naloxone for users and their relatives. \* Naloxone kits distribution. \* Distribution of fentanyl test strips.

**Eligibility:** people who use or have used opioids

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 13h00 to 16h30

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

### MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

### MISSIONARIES OF CHARITY

2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9

**514 524-6372**

**Services:** \* Soup kitchen. \* Home visits for families and seniors.

**Eligibility:** people in need

**Coverage area:** Montréal Island

**Hours:** soup kitchen: 15h30 to 18h00 everyday, except on Thursday

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**OLD BREWERY MISSION**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 866-6591 ext. 0 Fax:** 514 866-5134

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Group of pavilions offering shelter, housing, clothing and meals. \* Job search assistance. \* Community service opportunity. \* Specialized services for homeless adults. \* Mental health pavilion. \* Job search terminal. \* Recovery of food donations on site. \* Shuttle service for homeless people to services and shelters in cold weather. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Bonhomme à lunettes service point at the Webster Pavilion (915 Clark Street, Montréal).

**Eligibility:** people experiencing homelessness

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

**Financing:** donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - CAFÉ MISSION**

906 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2

**514 798-2244 ext. 213 Fax:** 514 798-2209

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Day centre. \* Information and referrals. \* Showers and laundry. \* Psychosocial help and support. \* Café with access to Internet.

**Eligibility:** people experiencing homelessness aged 18 years old and over

**Capacity:** 25 to 55 people

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244** Fax: 514 798-2209

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** \* Emergency and housing accompaniment services. \* Program for people experiencing a first homelessness episode and in urban health (mental health, physical health and alcohol consumption). \* Thrift store for residents only. \* Recovery of material donations: clothing, carrying bags, blankets and sleeping bags, personal hygiene products, etc.

**Eligibility:** homeless men 18 years old and over

**Capacity:** 185 beds, winter 2024-2025: 160 places

**Coverage area:** Greater Montréal

**Hours:** shelter admission: 24 hours / 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00

**Fees:** emergency services: free, transition and urban health programs: starting at \$358 per month

**Financing:** donations

**Legal status:** non-profit organization

**PAS DE LA RUE (LE)**

1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1699** Fax: 514 526-1411

**Website:** pasdelarue.org

**Email:** coordo@pasdelarue.org

**Services:** Outreach proximity intervention. \* Day centre: welcoming, socialization, respite, information, activities, exchanges and outings, soup and snacks. \* Listening, referral, helping relationship. \* Nurse clinic. \* Food safety. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Subsidized housing with community support program. \* Tax clinic.

**Eligibility:** people 55 years old and over who are homeless or in a very precarious situation, subsidized housing: people admitted to the day centre, gross income less than \$20,000

**Capacity:** 80

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 15h00, open on holidays

**Financing:** donations, foundations, grants

**Legal status:** non-profit organization

**PROJET LOGEMENT MONTRÉAL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

**Website:** www.projetlogementmontreal.org

**Email:** info@projetlogementmontreal.org

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**PROJETS AUTOCHTONES DU QUÉBEC**

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** paqc.org/en

**Email:** info@paqc.org

**Services:** \* Crisis intervention. \* Warm meals. \* Safe Start Program: holistic support to Indigenous people who just arrived in the city. \* Emergency shelters: separate floors for men and women. \* Transitional housing with help for obtaining social assistance. \* Managed Alcohol Program: house for men. \* Assistance with social reintegration procedures. \* Legal and medical support with external partners. \* Group activities. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday, 9h00 to 17h00, shelter: 7 days, 17h00 to 8h30

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**REFUGE DES JEUNES DE MONTRÉAL**

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

**514 849-4221 ext. 2** Fax: 514 849-8564

**Website:** www.refugedesjeunes.org/en

**Email:** refuge@refugedesjeunes.org

**Services:** Temporary shelter for about a month. \* Emergency shelter. \* Breakfast and dinner. \* Individual meetings and referral. \* Follow-up. \* Possibility of access to social housing with community support. \* Food assistance for clients. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless people identifying as men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 23 studios

**Coverage area:** Greater Montréal

**Hours:** 7 days, evening: starting at 18h00

**Fees:** shelter: free

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** www.itineraire.ca/programme-maison-ronde/

**Email:** marilou.maisonneuve@itineraire.ca

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868 Fax:** 514 393-9848

**Website:** lesacados.org

**Email:** info@lesacados.org

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless.

\* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

**Financing:** self-financing, provincial, municipal, federal, foundations

**Legal status:** non-profit organization

**ST-JAMES DROP-IN CENTRE**

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

**514 288-0039 Fax:** 514 529-0090

**Website:** stjamescentre.ca

**Email:** info@stjamescentre.ca

**Services:** \* Day centre: socialization place, access to a phone line, recreational and artistic activities. \* Clothing exchange service, showers and meals. \* Psychosocial services, reintegration process accompaniment and employment training program. \* Referrals.

**Eligibility:** homeless people living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** food bags: \$5 per month (maximum of 4)

**Financing:** donations, provincial, self-financing

**Legal status:** non-profit organization

**ST. MICHAEL'S MISSION**

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127 Fax:** 514 844-0453

**Website:** stmichaelsmission.ca

**Email:** info@stmichaelsmission.ca

**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

## TEL-JEUNES

Confidential Address

**1 800-263-2266**

**Website:** [www.teljeunes.com/en](http://www.teljeunes.com/en)

**Email:** [info@teljeunes.com](mailto:info@teljeunes.com)

**Services:** \* Listening and psychosocial intervention by phone, chat, email and text message. \* Online exchange forum by and for youth. \* Chat with young counselling students, supervised by the professional team. \* Interactive, informative and educational content available online.

**Eligibility:** youth 20 years and under

**Coverage area:** Province of Québec

**Hours:** 7 days, phone: 6h00 to 2h00, text: 8h00 to 22h30, chat: 8h00 to 22h30

**Fees:** none

**Financing:** fundraising campaigns, grants, donations

**Legal status:** non-profit organization

## Health care

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax:** 514 845-2287

**Website:** [www.accueilbonneau.com/en](http://www.accueilbonneau.com/en)

**Email:** [info@accueilbonneau.com](mailto:info@accueilbonneau.com)

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CIUSSS CSIM - ÉQUIPE ITINÉRANCE

66 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1K6

**514 527-2361 ext. 3625**

**Services:** Services to facilitate access to health and social services for people experiencing homelessness. \* Psychosocial and health care services. \* Interdisciplinary team: social work, nursing, special education, peer helper, and others. \* Services adapted to the needs expressed. \* Services available in CLSCs and in certain targeted community settings.

**Eligibility:** people 14 years and over experiencing homelessness

**Coverage area:** Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie

**Hours:** walk-in clinic at CLSC Ste-Catherine, in nursing or social work: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC MÉTRO - ÉQUIPE CONNEXION

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 731-8531 Fax:** 514 380-5515

**Website:** [www.ciussswestcentral.ca/sites-and-resources/clsc/clsc-metro](http://www.ciussswestcentral.ca/sites-and-resources/clsc/clsc-metro)

**Services:** Program that accompanies disaffiliated homeless people in accessing the health and social services they need, and fosters a return to housing (in collaboration with local community organizations). \* Outreach work with a multidisciplinary team. \* Collection and distribution of sterile equipment.

**Eligibility:** homeless people

**Capacity:** variable

**Coverage area:** CIUSSS West-Central Montreal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** None

**Financing:** provincial

**Legal status:** non-profit organization

### MAISON DU PÈRE (LA) - ACCÈS-SANTÉ

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 233 Fax:** 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

**Email:** [info-fondation@maisondupere.org](mailto:info-fondation@maisondupere.org)

**Services:** Private convalescence rooms for clinical follow-up following surgery, treatment or illness. \* 24/7 follow-up by health professionals. \* Management of medication and bandages. \* Referral to the health care network and emergency care. \* Beds for palliative care. \* Beds for specialized care. \* Post-hospitalization trajectory for homeless people who use injection drugs (PUDI - Pilot-project with CHUM).

**Eligibility:** homeless men 25 years and over with health issues, palliative care: men who are homeless and terminally ill with a survival possibility of less than 3 months

**Capacity:** 8 convalescence beds, 2 beds for specialized care treatments

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### MCGILL UNIVERSITY DENTAL CLINIC

2001 McGill College Avenue, Suite 100, Ville-Marie, Montréal, QC, H3A 1G1

**514 398-5189 Fax:** 514 398-2089

**Website:** [www.mcgill.ca/dentistry/patients/undergraduate-teaching-clinic](http://www.mcgill.ca/dentistry/patients/undergraduate-teaching-clinic)

**Email:** [patients.dentistry@mcgill.ca](mailto:patients.dentistry@mcgill.ca)

**Services:** Dental care provided by students under the supervision of general and specialist dentists. \* Treatments available: cleaning, gum grafting and surgery, fillings, crowns, prostheses, braces, root canal treatment and dental implants at low prices. \* Mobile dental clinic in disadvantaged areas: [click here](#)

**Eligibility:** people 18 years and over

**Coverage area:** Montréal Island

**Hours:** dental clinic: September to May, Monday to Friday 9h00 to 17h00, emergency service: Monday to Friday 8h30 to 16h30

**Fees:** dental clinic: approximately 50% of the price charged in private practices, mobile clinic: free

**Financing:** donations, foundations

**Legal status:** non-profit organization



**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

**OLD BREWERY MISSION - PAVILLON PATRICIA MACKENZIE - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE**

1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4

**514 609-8582** Fax: 514 789-3793

**Website:** www.missionoldbrewery.ca/en

**Email:** info@oldbrewerymission.ca

**Services:** \* Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. \* Follow-up by health professionals.

**Eligibility:** homeless women living with severe and persistent mental health problems

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - PAVILLON WEBSTER - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE**

915, rue Clark, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244 ext. 229** Fax: 514 789-3793

**Website:** www.missionoldbrewery.ca/en

**Email:** info@oldbrewerymission.ca

**Services:** \* Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. \* Follow-up by health professionals.

**Eligibility:** homeless men living with severe and persistent mental health problems

**Capacity:** 13 beds

**Coverage area:** Montréal Island

**Fees:** free for the first month, \$358 for the following months

**Financing:** foundations

**Legal status:** non-profit organization

**SPECTRE DE RUE**

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700** Fax: 514 528-1532

**Website:** www.spectrederue.org

**Email:** administration@spectrederue.org

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## ST. MICHAEL'S MISSION

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127 Fax:** 514 844-0453

**Website:** stmichaelsmission.ca

**Email:** info@stmichaelsmission.ca

**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

## Mobile units and street work

### ACTION MÉDIATION

533 Ontario Street East, Suite 206, Ville-Marie, Montréal, QC, H2L 1N8

**514 312-7344**

**Website:** sds.social/mediation-sociale/

**Email:** info@courtier.social

**Services:** Psychosocial intervention program in public spaces. \* Accompaniment and assistance in reinsertion. \* Referrals to appropriate resources. \* Ensures optimal cohabitation of residents, merchants and employees of the visited locations. \* Daily online intervention reports and assistance.

**Eligibility:** marginalized people, homeless people, buildings and public spaces managers, residents and shop owners

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

**ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC**

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7

**514 847-0067 ext. 207 Fax:** 514 847-0601

**Website:** [cactusmontreal.org/soutien-aux-personnes-trans](http://cactusmontreal.org/soutien-aux-personnes-trans)

**Email:** [astteqcoordination@cactusmontreal.org](mailto:astteqcoordination@cactusmontreal.org)

**Services:** \* Peer support and accompaniment to appointments at clinics, hospitals, legal offices, court dates and social services. \* Assistance in accessing information regarding legal issues and procedures, such as criminal and penal charges, criminal records, arrest warrants, conditions before court appearances, legal aid, trans-affirmative legal representation. \* Assistance in applying for a change of name and sex designation, refugee status, permanent residency, citizenship, work permits, record suspensions, and compensatory community service work. \* Assistance in understand and evaluating legal risks related to criminalization. \* Monthly community dinner, monthly drop-ins, periodic cultural and educational activities and skill-sharing workshops. \* Referral to trans-affirmative health care (hormone therapy, HIV treatment, and sexual health). \* Distribution of harm reduction supplies (syringes, needles, pipes, filters, kit sniff, filters, condoms and lube), recovery of harm reduction material, distribution of sharps containers, distribution of hormone therapy injection materials, distribution of fentanyl testing kits and distribution of naloxone kits. \* Street and outreach work to trans sex workers' homes, workplaces and community spaces. \* Visit to community members after surgeries or in long-term care homes. \* Substance analysis service, offered by Checkpoint/Cactus.

**Eligibility:** transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

**Coverage area:** Province of Québec

**Hours:** office: variable hours, community dinner: last Monday of the month

**Fees:** none

**Financing:** municipal, federal, donations

**Legal status:** non-profit organization

**CACTUS MONTRÉAL**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 Fax:** 514 847-0038

**Website:** [cactusmontreal.org/en](http://cactusmontreal.org/en)

**Email:** [info@cactusmontreal.org](mailto:info@cactusmontreal.org)

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**CLSC MÉTRO - ÉQUIPE CONNEXION**

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 731-8531 Fax:** 514 380-5515

**Website:** [www.ciussswestcentral.ca/sites-and-resources/clsc/clsc-metro](http://www.ciussswestcentral.ca/sites-and-resources/clsc/clsc-metro)

**Services:** Program that accompanies disaffiliated homeless people in accessing the health and social services they need, and fosters a return to housing (in collaboration with local community organizations). \* Outreach work with a multidisciplinary team. \* Collection and distribution of sterile equipment.

**Eligibility:** homeless people

**Capacity:** variable

**Coverage area:** CIUSSS West-Central Montreal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** None

**Financing:** provincial

**Legal status:** non-profit organization

**DANS LA RUE - THE VAN**

533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 520-7677 Fax:** 514 526-5445

**Website:** [danslarue.org/en/](http://danslarue.org/en/)

**Email:** [info@danslarue.org](mailto:info@danslarue.org)

**Services:** Street work. \* Listening, support and referral. \* Meals and donation of food, clothing and basic hygiene items. \* First stop: 20h15 to 20h45, Morgan Avenue and Sainte-Catherine Street. \* Second stop: 21h00 to 21h15, Langelier station. \* Third stop: 21h30 to 22h10, Frontenac station. \* Fourth stop: 22h45 to 23h15, du Mont-Royal Avenue and Saint-Hubert Street. \* Last stop: 23h30 to 00h15, Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).

**Eligibility:** street people 25 years old and under

**Capacity:** 150 people per night

**Coverage area:** Centre-Sud, Plateau Mont-Royal, Hochelaga-Maisonneuve, Downtown

**Hours:** van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**DIOGÈNE SUIVI COMMUNAUTAIRE**

Confidential Address

**514 874-1214 Fax:** 514 874-0703

**Website:** [www.diogeneqc.org](http://www.diogeneqc.org)

**Email:** [info@diogeneqc.org](mailto:info@diogeneqc.org)

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres. \* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**DOWNTOWN YMCA - DIALOGUE PROGRAM**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 ext. 21775 Fax:** 514 849-2411

**Website:** [www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-dialogue](http://www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-dialogue)

**Email:** [dialogue.cv@ymcaquebec.org](mailto:dialogue.cv@ymcaquebec.org)

**Services:** \* Information, support and referral. \* Monitoring and mediation with reintegration procedures: medical appointments, obtaining identification cards and welfare assistance, procedures to access a rehabilitation program, gaining access to housing and the job market. \* Access to showers. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** people who are homeless and vulnerable

**Coverage area:** West of Downtown

**Hours:** Monday to Friday 8h30 to 16h30, showers: Monday to Friday 8h00 to 11h30

**Fees:** none

**Financing:** donations, municipal

**Legal status:** non-profit organization

**EN MARGE 12-17**

Confidential Address

**514 849-7117 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [hebergement@enmarge1217.ca](mailto:hebergement@enmarge1217.ca)

**Services:** Reception and housing for youth in difficulties. \* Listening and reassurance. \* Street outreach work including prevention, education, referral and advocacy. \* Emergency shelter and short term accommodation. \* Post-shelter accompaniment activities. \* Social housing for youth who have already benefited from another service: transitional housing with support to promote social reintegration and autonomy. \* Parents en marge de la rue: support for parents. \* Phone consultation and training for professionals.

**Eligibility:** youth in difficulty 12 to 17 years old, their families, professionals, social housing: youth 16 to 22 years old who have already benefited from another service

**Capacity:** social housing: 5 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days, 365 days a year

**Fees:** social housing: \$350 per month

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**ÉQUIPE MOBILE DE RÉFÉRENCE ET D'INTERVENTION EN ITINÉRANCE**

Confidential Address

**514 280-2231**

**Website:** [spvm.qc.ca/en/Pages/Discover-SPVM/Who-does-what/Equipe-mobile-de-reference-et-dintervention-en-itinerance-EMRII](http://spvm.qc.ca/en/Pages/Discover-SPVM/Who-does-what/Equipe-mobile-de-reference-et-dintervention-en-itinerance-EMRII)

**Email:** [emrii@spvm.qc.ca](mailto:emrii@spvm.qc.ca)

**Services:** Outreach work and referral of homeless people to existing services. \* Collaboration between police officers and social workers from the CIUSSS of the Centre-Sud-de-l'Île-de-Montréal. \* Medium and long-term follow-up. \* Development of adapted methods of intervention in order to avoid prosecution. \* Promotion of access to services in the interest of social rehabilitation.

**Eligibility:** people who are homeless or at risk of homelessness and who have been the subject of repeated police intervention

**Coverage area:** Montréal Island

**Hours:** Monday to Friday, during the day

**Financing:** municipal

**Legal status:** parapublic organization

**GROUPE HARMONIE**

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-2640** Fax: 514 934-3776

**Website:** [groupeharmonie.org/en/](http://groupeharmonie.org/en/)

**Email:** [info@groupeharmonie.org](mailto:info@groupeharmonie.org)

**Services:** Support to people 55 years and over, struggling with addiction to alcohol, drugs or other substances.

\* One-on-one support assistance. \* Welcome, brief intervention and referral. \* Prevention and awareness workshops for users and workers. \* Support groups. \* Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM). \* Workshops in the community. \* Caregiver support.

**Eligibility:** people 55 years and over struggling with problems related to addiction on alcohol, medication or other substances, as well as their caregivers.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854** Fax: 514 499-9436

**Website:** [www.nfcm.org/en](http://www.nfcm.org/en)

**Email:** [info@nfcm.org](mailto:info@nfcm.org)

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**NOTRE DAME DE LA RUE**

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### PROJET TRIP

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

### RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** [www.rezosante.org](http://www.rezosante.org)

**Email:** [info@rezosante.org](mailto:info@rezosante.org)

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### SPECTRE DE RUE

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700 Fax:** 514 528-1532

**Website:** [www.spectrederue.org](http://www.spectrederue.org)

**Email:** [administration@spectrederue.org](mailto:administration@spectrederue.org)

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### **STELLA, L'AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

**514 285-1599 Fax:** 514 285-2465

**Website:** www.chezstella.org

**Email:** info@chezstella.org

**Services:** Support for sex workers. \* Information and referral. \* Helpline. \* Accompaniment. \* Street workers. \* Outreach with incarcerated women. \* Distribution of needles and condoms. \* Bad client list and support in case of violence. \* Sociocultural and educational activities. \* Monthly dinner. \* Collective action. \* Advocacy. \* Medical clinic for women working in the sex industry. \* Naloxone kits distribution. \* Distribution and delivery of fentanyl test strips.

**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **Shelters**

### **CHEZ DORIS WOMEN'S SHELTER FOUNDATION, CHEZ DORIS - ELSPETH MCCONNELL SHELTER**

1437 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A6

**514 937-2341 ext. 0 or 301**

**Website:** www.chezdoris.org/en

**Email:** info@chezdoris.org

**Services:** Emergency shelter for women for a maximum of 30 consecutive nights. \* Locker room, showers, laundry room, dining room with kitchenette, intervention room and living room.

**Eligibility:** women experiencing homelessness

**Capacity:** 24

**Coverage area:** Montréal Island

**Hours:** 20h30 to 8h30, 7 days, starting on November 11: 19h30 to 8h00, 7 days

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### **HERSTREET**

1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7

**514 284-9665 Fax:** 514 284-6570

**Website:** www.laruedesfemmes.org/en

**Email:** info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. \* Day centre: meals, rest areas and relational health care. \* Support, counselling, crisis intervention, individual counselling, referral and accompaniment. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Distribution of menstrual hygiene products. \* Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. \* Short, medium or long term shelter and emergency beds.

**Eligibility:** women experiencing homelessness or difficulty



**Capacity:** Olga's emergency shelter: 9 beds

**Coverage area:** Greater Montréal

**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h00 to 15h00, lunch 11h30 to 12h45, meals served at the door: breakfast 8h00 to 9h15, dinner 17h00 to 18h00

**Fees:** meals at the day centre and emergency shelter: none

**Financing:** self-financing, municipal, provincial, federal

**Legal status:** non-profit organization

### **MAISON DU PÈRE (LA) - HÉBERGEMENT D'URGENCE ET DE RÉFÉRENCIEMENT**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 305 Fax:** 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

**Email:** [info@maisondupere.org](mailto:info@maisondupere.org)

**Services:** Short-term stay for one night. \* Meals, showers and clothing bank. \* Psychosocial intervention on site for men seeking to start a social reintegration process.

**Eligibility:** homeless men 25 years and over

**Capacity:** 136 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours, 7 days, check-in: 14h00, check-out: 7h30

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **MAISON DU PÈRE (LA) - PAVILLON ROBERT-LEMAIRE**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 Fax:** 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

**Email:** [info@maisondupere.org](mailto:info@maisondupere.org)

**Services:** Social housing for homeless men 50 years old and over.

**Eligibility:** homeless men over 50 with a declared income source

**Capacity:** 54 accommodations

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** donations, grants

**Legal status:** non-profit organization

### **MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** [welcomehallmission.com](http://welcomehallmission.com)

**Email:** [info@missionba.com](mailto:info@missionba.com)

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

**MONTRÉAL - VILLE - HALTE-CHALEUR LUCIEN-SAULNIER**

155 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B5

**Services:** Warming centre. \* Chairs in different rooms for men and women. \* Small dining room, snacks.

**Eligibility:** homeless men and women

**Capacity:** 30

**Coverage area:** Montréal

**Hours:** December 20th, 21st and 22nd: 19h00 to 7h00, starting from December 23rd: 20h00 to 6h00, open until March 31st 2025

**Financing:** municipal

**Legal status:** municipal agency

**OLD BREWERY MISSION - CAFÉ MISSION**

906 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Z 1J2

**514 798-2244 ext. 213 Fax:** 514 798-2209

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

**Services:** Day centre. \* Information and referrals. \* Showers and laundry. \* Psychosocial help and support. \* Café with access to Internet.

**Eligibility:** people experiencing homelessness aged 18 years old and over

**Capacity:** 25 to 55 people

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION**

1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4

**514 526-6446 Fax:** 514 526-8452

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [intervention-pmp@missionoldbrewery.ca](mailto:intervention-pmp@missionoldbrewery.ca)

**Services:** Emergency shelter with an indefinite period of stay. \* Psychosocial support to get off the street. \* La Maison des voisines de Lanaudière: short and medium term transitional housing. \* Mental Health Rehabilitation Program (PRISM).

**Eligibility:** any person who identifies as a woman, 18 years old or older, experiencing homelessness or precariousness and wishing to become involved in initiatives aimed at achieving residential stability

**Capacity:** 46 places

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, bed reservation by phone: 7 days, starting at 10h00

**Fees:** emergency shelter: free for the first 30 days, applicable fees after 30 days, residence: depending on the income

**Financing:** donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244 Fax:** 514 798-2209

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

**Services:** \* Emergency and housing accompaniment services. \* Program for people experiencing a first homelessness episode and in urban health (mental health, physical health and alcohol consumption). \* Thrift store for residents only. \* Recovery of material donations: clothing, carrying bags, blankets and sleeping bags, personal hygiene products, etc.

**Eligibility:** homeless men 18 years old and over

**Capacity:** 185 beds, winter 2024-2025: 160 places

**Coverage area:** Greater Montréal

**Hours:** shelter admission: 24 hours / 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00

**Fees:** emergency services: free, transition and urban health programs: starting at \$358 per month

**Financing:** donations

**Legal status:** non-profit organization

### PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 1

169 de la Gauchetière East Street, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** [www.paqc.org/en/shelter](http://www.paqc.org/en/shelter)

**Email:** [sheltercaseworker@paqc.org](mailto:sheltercaseworker@paqc.org)

**Services:** High-threshold emergency shelter. \* Separate floors for men and women. \* Psychosocial support services.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 34 beds for men, 18 beds for women

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 2

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** [www.paqc.org/en/shelter](http://www.paqc.org/en/shelter)

**Email:** [sheltercoordinatorPAQ2.Intervention2@paqc.org](mailto:sheltercoordinatorPAQ2.Intervention2@paqc.org)

**Services:** Low-threshold emergency shelter. \* Separate floors for men and women. \* Psychosocial support services.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 24 beds for men, 17 beds for women, 16 beds for couples

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### REFUGE MITSHUAP MONTRÉAL

2154 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1M7

**438 466-2325**

**Email:** [mitshuapmontreal@gmail.com](mailto:mitshuapmontreal@gmail.com)

**Services:** Shelter by and for indigenous people. \* Emergency shelter. \* Rest chairs. \* Meals. \* Presence of an intervention team.

**Eligibility:** people experiencing homelessness, priority to Indigenous people

**Capacity:** 45 beds, 6 rest chairs

**Coverage area:** Montréal Island

**Hours:** 7 days, 19h30 to 7h30

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868** Fax: 514 393-9848

**Website:** lesacados.org

**Email:** info@lesacados.org

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless.

\* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

**Financing:** self-financing, provincial, municipal, federal, foundations

**Legal status:** non-profit organization

**TEMPORARY SHELTER - HÔTEL DES ARTS**

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983

**Email:** info@paqc.org

**Services:** Emergency shelter with high accessibility threshold for homeless indigenous people. \* Layout allowing the admission of people with reduced mobility, couples and intoxicated people. \* Bathrooms and showers. \* Air-conditioned.

**Eligibility:** indigenous people over 18 years old

**Capacity:** 60 places

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, municipal

**Legal status:** parapublic organization

**Supportive housing****ACCUEIL BONNEAU - LE CHRISTIN**

330 Christin Street, Ville-Marie, Montréal, QC, H2X 1M4

**514 845-3906**

**Website:** accueilbonneau.com

**Email:** info@accueilbonneau.com

**Services:** \* Long-term housing.

**Eligibility:** people experiencing or at risk of homelessness

**Capacity:** 114 accommodations

**Coverage area:** Montréal Island

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

**ACCUEIL BONNEAU - MAISON CLAIRE-MÉNARD**

Confidential Address

**514 845-3906 ext. 0-245** Fax: 514 845-2287**Website:** www.accueilbonneau.com/en**Email:** soutien.hebergement@accueilbonneau.com**Services:** \* Housing with an undetermined length of stay.**Eligibility:** men 25 years old and over who have experienced or are at risk of homelessness**Capacity:** 31 studios**Coverage area:** Montréal Island**Fees:** apartment subsidized by the OMHM**Financing:** donations, grants**Legal status:** non-profit organization**CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - RÉSIDENCE BASH SHETTY**

1569 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T5

**514 937-2341****Email:** residences@chezdoris.org**Services:** Permanent residence for vulnerable women.\* Private furnished rooms. \* 24/7 support and supervision.**Eligibility:** vulnerable and homeless women**Capacity:** 20 rooms**Coverage area:** Montréal**Fees:** 25% of income**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations**Legal status:** non-profit organization**CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - RÉSIDENCE MARCELLE ET JEAN COUTU**

2233 De Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**514 937-2341****Website:** www.chezdoris.org**Email:** residences@chezdoris.org**Services:** Permanent apartments for women.\* Furnished studios. \* Shared facilities: computer room, laundry room, storage space, rear terrace.**Eligibility:** women experiencing or at risk of homelessness**Capacity:** 26 studios**Coverage area:** île de Montréal**Fees:** 25% of income**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations**Legal status:** non-profit organization**CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - ROOMING HOUSE**

Confidential Address

**514 937-2341 ext. 332****Website:** www.chezdoris.org/en/**Email:** info@chezdoris.org**Services:** Permanent residence for social reintegration. \* Single rooms with private bathroom. \* Access to kitchens, communal lounges and outdoor terraces. \* Accompaniment by social workers.**Eligibility:** women experiencing or at risk of homelessness**Capacity:** 20 rooms**Coverage area:** Montréal Island**Hours:** security officer: 24 hours / 7 days**Fees:** 25% of rent

**Financing:** federal, provincial, municipal, grants, donations

**Legal status:** non-profit organization

### **HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES) - PHASE 7 - PAPINEAU-ONTARIO**

1959 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J3

**514 658-8013**

**Website:** [www.resac.org](http://www.resac.org)

**Email:** [info@resac.org](mailto:info@resac.org)

**Services:** Permanent community social housing. \* Furnished studios including cable and laundry. \* Community support.

**Eligibility:** autonomous people on a low income 18 to 60 years old, who are experiencing or have experienced severe or moderate mental health problems and are homeless or at risk of homeless

**Capacity:** 14 studios

**Coverage area:** Montreal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### **HADLEY COMMUNITY - ANNE'S HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

**514 933-6916 ext. 218**

**Website:** [hadleycommunity.ca](http://hadleycommunity.ca)

**Email:** [managerclientservices@hadleycommunity.ca](mailto:managerclientservices@hadleycommunity.ca)

**Services:** Residence for semi-autonomous women. \* Support from a caseworker. \* Activities and programs preparing residents who wish to move into less supportive housing.

**Eligibility:** semi-autonomous women and transgender women living with a mental health problem, at risk of homelessness or in recovery from addiction

**Capacity:** 28 studios

**Coverage area:** Montréal Island

**Hours:** Monday to Friday, 9h00 to 17h00

**Fees:** 25% of income and service fees

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **HADLEY COMMUNITY - JOHN'S HOUSE**

1222, Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A5

**514 933-6916 ext. 218**

**Website:** [hadleycommunity.ca](http://hadleycommunity.ca)

**Email:** [managerclientservices@hadleycommunity.ca](mailto:managerclientservices@hadleycommunity.ca)

**Services:** Residence for young men. \* Support from a caseworker. \* Activities and programs preparing residents who wish to move into less supervised housing.

**Eligibility:** men 20 to 35 years old who struggle with mental health issues, trauma, addiction, homelessness or at risk of homelessness

**Capacity:** 11 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 9h00 to 18h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**HADLEY COMMUNITY - MAIN HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

**514 933-6916**

**Website:** hadleycommunity.ca

**Email:** managerclientservices@hadleycommunity.ca

**Services:** Housing for men with ongoing struggles. \* Support from a caseworker. \* Yoga classes, art classes, various sports. \* Money and medication supervision for occupants. \* Work placement.

**Eligibility:** men and transgender men 18 years and over living with substance abuse issues, mental illness or at risk of homelessness

**Capacity:** 12 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 8h30 to 17h30

**Fees:** \$800 per month

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**MA CHAMBRE**

1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3

**514 287-9511 Fax:** 514 287-9766

**Website:** www.machambreinc.org

**Email:** admin@machambreinc.org

**Services:** Acquisition, construction and management of buildings to house people on a low income. \* Community services. \* Buildings: Le 1624, Maison Denis Côté, Maison Gilbert Lafontaine, Maison Hélène Bastien, Maison Mario-Guérette and Maison Sylvie-Arsenault.

**Eligibility:** adults 18 years and over, single, on a low income and autonomous

**Capacity:** 200

**Coverage area:** Downtown, Le Plateau-Mont-Royal

**Hours:** housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00

**Fees:** subsidized housing: 25% of income, non-subsidized housing: 280 to \$400 per month

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE**

545 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1

**514 843-3739 Fax:** 514 843-6964

**Website:** www.maisondupere.org/?lang=en

**Email:** info@maisondupere.org

**Services:** Permanent housing for homeless seniors. \* Private room with psychosocial follow-up. \* Meals. \* Budget and medication management. \* Personal care and accompaniment to medical appointments. \* Social activities. \* Regular attendance of health workers. \* Assistance with testament and funeral arrangements. \* Tax clinic.

**Eligibility:** men 55 years and over who have been homeless, have suffered or are suffering from addictions or mental health issues and want to get off the street

**Capacity:** 87 rooms

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Financing:** donations, grants

**Legal status:** non-profit organization

**MAISON DU PÈRE (LA) - RÉINSERTION ET SOUTIEN RÉSIDENTIEL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 240** Fax: 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

**Email:** [info@maisondupere.org](mailto:info@maisondupere.org)

**Services:** Medium, long-term or permanent housing with psychosocial support. \* Maison Wolfe: private rooms with a maximum stay of 5 years for men who have acquired a certain autonomy following a social integration program, for example. \* Permanent private apartments with housing maintenance support.

**Eligibility:** men 25 years and over who have been homeless or who are at risk of homelessness

**Capacity:** 248: 57 private rooms, 191 community or private apartments

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - MARCELLE AND JEAN COUTU PAVILION**

7 Saint-Antoine Street, Ville-Marie, Montréal, QC, H2Z 1G8

**514 278-5363 ext. 332**

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@oldbrewerymission.ca](mailto:info@oldbrewerymission.ca)

**Services:** Subsidized social housing with one-on-one follow-up, that can be occupied for an indefinite amount of time. \* Community intervention. \* Psychosocial support and follow-up in personal process. \* Proximity health care.

**Eligibility:** men 25 years old and over who are experiencing homelessness and are on a low income

**Capacity:** 30 studios

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, administration: Monday to Friday 9h00 to 17h00

**Fees:** fixed amount of \$346 per month (meals not included)

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**PROJET LOGEMENT MONTRÉAL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

**Website:** [www.projetlogementmontreal.org](http://www.projetlogementmontreal.org)

**Email:** [info@projetlogementmontreal.org](mailto:info@projetlogementmontreal.org)

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization



**PROJETS AUTOCHTONES DU QUÉBEC - MANAGED ALCOHOL PROGRAM**

1019 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Y3

**514 879-3310**

**Website:** [www.paqc.org/en/managed-alcohol-program](http://www.paqc.org/en/managed-alcohol-program)

**Email:** [coordo.logements.intervention@paqc.org](mailto:coordo.logements.intervention@paqc.org)

**Services:** Supportive housing for men with the possibility to participate in a Managed Alcohol Program. \* Unlimited duration of stay.

**Eligibility:** indigenous men 18 years old and over, First Nations, Metis and Inuit in situation of homelessness with a severe alcohol addiction

**Capacity:** 8 private rooms

**Coverage area:** Montréal Island

**Hours:** 7 days 17h00 to 8h00

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**PROJETS AUTOCHTONES DU QUÉBEC - PERMANENT HOUSING**

1025 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Y3

**514 879-3310**

**Website:** [www.paqc.org/en/home](http://www.paqc.org/en/home)

**Email:** [coordo.logements.intervention@paqc.org](mailto:coordo.logements.intervention@paqc.org)

**Services:** Subsidized permanent housing for Indigenous people. \* Stay in a room for an indefinite period of time, according to the person's needs. \* Psychosocial support by an intervention team. \* Cultural activities related to Indigenous culture. \* Psychological, medical, clinical and nursing care. \* Mental health referral.

**Eligibility:** Indigenous, First Nations, Metis and Inuit people experiencing chronic homelessness

**Capacity:** 18 rooms, 22 people

**Coverage area:** Montréal Island

**Hours:** intervention team: 24 hours / 7 days

**Fees:** monthly rent: 25% of income

**Financing:** federal, provincial

**Legal status:** non-profit organization

**RÉSEAU HABITATION FEMMES**

Confidential Address

**514 875-9529** Fax: 514 875-3697

**Website:** [www.reseauhabitationfemmes.org](http://www.reseauhabitationfemmes.org)

**Email:** [info@reseauhabitationfemmes.org](mailto:info@reseauhabitationfemmes.org)

**Services:** Permanent social housing for women with community support.

**Eligibility:** women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below \$33,500

**Capacity:** Maison Hôtel-de-Ville: 8 rooms, 4 studios, 3 ½, 2 ½

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** 25% of the income, without meals

**Financing:** provincial, federal

**Legal status:** non-profit organization

**RÉSEAU HABITATION FEMMES - MAISON ONTARIO**

Confidential Address

**514 875-9529** Fax: 514 875-3697

**Website:** [www.reseauhabitationfemmes.org](http://www.reseauhabitationfemmes.org)

**Email:** [info@reseauhabitationfemmes.org](mailto:info@reseauhabitationfemmes.org)

**Services:** Permanent social housing for women with community support. \* Furniture provided: bed, fridge, stove, tables, chairs and storage furniture.

**Eligibility:** women 18 years and over single, autonomous but at risk of homelessness or in difficulty, with an income below \$33,500

**Capacity:** 30 3 ½, 1 studio

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** 25% of the income, without meals

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **SIDALYS - HABITATIONS JEAN-PIERRE VALIQUETTE (LES)**

Confidential Address

**514 842-4439**

**Website:** sidalys.org/en

**Email:** hjpgv@sidalys.org

**Services:** Social housing with occasional supervision. \* Unlimited duration. \* Group meetings and community activities. \* Conflict management assistance.

**Eligibility:** people 18 years and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV

**Capacity:** 17 apartments of variable size

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** depending on the grants from the OMHM

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

### **STUDIOS VILLE-MARIE (LES)**

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

**514 526-8860 Fax: 514 527-7388**

**Services:** Subsidized housing with community support. \* Rooms and studios.

**Eligibility:** people 40 years and over living alone, on a low income, homeless or at risk of homelessness

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

### **TOÎT EN VILLE (UN) - PHASE 2**

Confidential Address

**514 527-6668**

**Email:** info@fohm.org

**Services:** Subsidized social housing with community support. \* Activities. \* Community meals once every month.

**Eligibility:** single and autonomous people living with an income of \$32,500 and less

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00

**Fees:** 25% of the person's income, additional fees for cable, electricity and laundry

**Financing:** provincial

**Legal status:** non-profit organization

### **TOÎT EN VILLE (UN) - PHASE 3**

Confidential Address

**514 527-6668**

**Email:** info@fohm.org

**Services:** Subsidized social housing with community support. \* Activities. \* Community meals once every month.

**Eligibility:** single and autonomous people living with an income of \$32,500 and less

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00

**Fees:** 25% of the person's income, additional fees for cable, electricity and laundry

**Financing:** provincial

**Legal status:** non-profit organization

#### **TOÎT EN VILLE (UN) - PHASE 4**

Confidential Address

**514 527-6668**

**Services:** Subsidized social housing with community support. \* Activities. \* Community meals once every month.

**Eligibility:** single and autonomous people living with an income of \$32,500 and less

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00

**Fees:** 25% of the person's income, additional fees for cable, electricity and laundry

**Financing:** provincial

**Legal status:** non-profit organization

#### **TOÎT EN VILLE (UN) - PHASE 5**

Confidential Address

**514 527-6668 Fax: 514-527-7388**

**Email:** info@fohm.org

**Services:** Subsidized social housing with community support. \* Activities. \* Community meals once every month.

**Eligibility:** single and autonomous people with an income of \$32,500 and less

**Capacity:** 22

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 9h00 to 17h00

**Fees:** 25% of the person's income, additional fees for cable, electricity and laundry

**Financing:** provincial

**Legal status:** non-profit organization

#### **VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ**

1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1

**514 875-7013**

**Website:** www.vilavi.ca/en

**Email:** info@vilavi.ca

**Services:** Subsidized housing with community support. \* Furnished rooms. \* Two common rooms. \* Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people who are experiencing episodic or chronic homelessness or who have difficulty finding housing

**Capacity:** 20 rooms

**Coverage area:** Province of Québec

**Fees:** pre-admission assessment: \$50

**Financing:** fundraising, self-financing, donations

**Legal status:** non-profit organization

**VILAVI - PHASE III - STUDIOS VIGER**

Confidential Address

**514 875-7013****Website:** www.vilavi.ca/en**Email:** info@vilavi.ca**Services:** Subsidized housing with community support. \* Furnished studios, including 5 adapted studios. \* Community spaces. \* Accompaniment and community support for residential stability and social reintegration.**Eligibility:** people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing**Capacity:** 25 studios, including 5 adapted studios**Coverage area:** Montréal**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50**Financing:** self-financing, provincial, donations**Legal status:** non-profit organization**VILAVI - PHASE IV - MAISON DE CHAMBRES L'ESPÉRANCE**

Confidential Address

**514 875-7013****Website:** www.vilavi.ca**Email:** info@vilavi.ca**Services:** Subsidized housing with community support. \* Furnished rooms. \* Community spaces. \* Accompaniment and community support for residential stability and social reintegration.**Eligibility:** people 18 years and over who are episodically or chronically homeless or who have difficulty finding housing**Capacity:** 18 rooms**Coverage area:** Montréal**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50**Financing:** self-financing, donations, provincial**Legal status:** non-profit organization**Transitional housing****APPARTENANCES (LES)**

2630 Frontenac Street, Ville-Marie, Montréal, QC, H2K 3A1

**514 523-2157****Website:** www.aubergeletournant.org**Email:** tournant@aubergeletournant.org**Services:** Social housing. \* Individual accompaniment and community life focused on users' participation. \* Recreational activities. \* Cooking training. \* Budget management training.**Eligibility:** men 18 to 29 years old with limited capacity to take care of themselves, who have previously lived in the Auberge du coeur le Tournant**Capacity:** 12 tenants**Coverage area:** Greater Montréal**Fees:** 25% of income**Financing:** provincial, federal, donations**Legal status:** non-profit organization**AUBERGE DU COEUR LE TOURNANT**

1775 Wolfe Street, Ville-Marie, Montréal, QC, H2L 3J9

**514 523-2157** Fax: 514 523-5094**Website:** www.aubergeletournant.org**Email:** tournant@aubergeletournant.org

**Services:** \* Housing for up to 6 months including meals. \* Assessment of needs and case plan, support and accompaniment for procedures. \* Information, guidance and referral. \* Social and economic learning: budget, food, group life, healthier lifestyle.

**Eligibility:** volunteer male-identifying youth of 17 years and 10 months to 29 years old in a vulnerable situation and at risk of homelessness

**Capacity:** 10 beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** \$10 per night

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### DANS LA RUE - HOUSING

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**514 526-7677**

**Website:** danslarue.org/ou-trouver-de-laide/appartements

**Email:** info@danslarue.org

**Services:** \* Permanent housing for young people. \* Support and accompaniment.

**Eligibility:** people 25 years old and under in difficulty, social housing and family services: youth already in the organization only

**Capacity:** 17 units: 15 for youth and 2 for families

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Thursday 9h30 to 16h30 and Friday 9h30 to 15h30

**Financing:** donations

**Legal status:** non-profit organization

### EN MARGE 12-17 - SOCIAL HOUSING

Confidential Address

**514 424-8583**

**Website:** www.enmarge1217.ca

**Email:** logement@enmarge1217.ca

**Services:** Transitional housing to promote social reintegration and autonomy. \* Apartments for a maximum period of 2 years. \* Community support, accompaniment and meetings.

**Eligibility:** youth 16 to 22 years old who have already benefited from another service from the organization

**Capacity:** 5 apartments

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** \$350 per month

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

### MAISON DU PÈRE (LA) - RÉINSERTION ET SOUTIEN RÉSIDENTIEL

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 240 Fax:** 514 845-2108

**Website:** www.maisondupere.org/?lang=en

**Email:** info@maisondupere.org

**Services:** Medium, long-term or permanent housing with psychosocial support. \* Maison Wolfe: private rooms with a maximum stay of 5 years for men who have acquired a certain autonomy following a social integration program, for example. \* Permanent private apartments with housing maintenance support.

**Eligibility:** men 25 years and over who have been homeless or who are at risk of homelessness

**Capacity:** 248: 57 private rooms, 191 community or private apartments

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### **MAISON DU PÈRE (LA) - RÉINSERTION SOCIALE**

545 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1

**514 845-0168 ext. 301 Fax:** 514 845-2108

**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)

**Email:** [info@maisondupere.org](mailto:info@maisondupere.org)

**Services:** 3 to 12 months transitional housing with psychosocial accompaniment. \* Social reintegration through various medium and long term programs, adapted to the reality of men experiencing vulnerable situations.

**Eligibility:** men aged 25 and over who are homeless or at risk of becoming homeless

**Capacity:** 50 units: 10 beds, 20 private rooms and 20 studios

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** occupancy and service fees

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

### **MAISON PLEIN COEUR**

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** [maisonpleincoeur.org/programmes-et-activites](http://maisonpleincoeur.org/programmes-et-activites)

**Email:** [info@maisonpleincoeur.org](mailto:info@maisonpleincoeur.org)

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.

**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### **MÈRES AVEC POUVOIR - TRANSITIONAL HOUSING**

2015-A Fullum Street, Ville-Marie, Montréal, QC, H2K 3N5

**514 282-1882**

**Website:** [meresavecpouvoir.org/Home](http://meresavecpouvoir.org/Home)

**Email:** [info@meresavecpouvoir.org](mailto:info@meresavecpouvoir.org)

**Services:** Transitional apartments for a period of 3 to 5 years. \* Psychosocial support, monthly meetings. \* Priority on the neighbourhood daycare's waiting list.

**Eligibility:** single mothers with one or two children 0 to 5 years old who are Canadian citizens or who have a permanent residency status

**Capacity:** 30 4½ apartments, 80 daycare places

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 17h00

**Fees:** 25% of income (without meals), childcare: about \$8 per day

**Financing:** donations, municipal, provincial, self-financing

**Legal status:** non-profit organization

**MÉTA D'ÂME - TRANSITIONAL HOUSING**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000** Fax: 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Transitional housing with community support. \* 3 years duration.

**Eligibility:** people who use or have used opioids, are homeless or at risk of homelessness

**Capacity:** 43 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** rent: approximately 25% of income

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**MISSION OLD BREWERY - LES VOISINES DE LARTIGUE - TRANSITIONAL HOUSING**

1575 Lartigue Avenue, Ville-Marie, Montréal, QC, H2L 2A4

**514 866-6591**

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Transitional housing for up to 2 years. \* Furnished studios with private bathrooms. \* Psychosocial accompaniment and daily support for social reintegration.

**Eligibility:** women in situation of homelessness who require additional support to achieve autonomy

**Capacity:** 12 studios

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** 25% of income

**Financing:** federal, provincial

**Legal status:** non-profit organization

**MISSION OLD BREWERY - PAVILLON PATRICIA MACKENZIE - LES COLOCS DU PMP**

1301 De Maisonneuve Boulevard East, 4th floor, Ville-Marie, Montréal, QC, H2L 2A4

**514 526-6446** Fax: 514 526-8452

**Website:** www.missionoldbrewery.ca/en

**Email:** intervention-pmp@missionoldbrewery.ca

**Services:** Last step housing for women who have already used the organization's services. \* Individual or semi private bedrooms. \* Shared kitchen, living room, laundry room and bathrooms. \* Presence of counsellors on site, if needed.

**Eligibility:** any person who identifies as a woman, 18 years old or older, experiencing homelessness or precariousness

**Capacity:** 10 places

**Coverage area:** Greater Montréal

**Financing:** donations

**Legal status:** non-profit organization

**MISSION OLD BREWERY - WEBSTER PAVILION - SUIVI INTENSIF EN ITINÉRANCE**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 789-1401 ext. 3** Fax: 514 788-1611

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Transitional housing for men who are homeless or at risk of homelessness who have mental health struggles.

**Eligibility:** men who are homeless or at risk of homelessness who have mental health struggles

**Capacity:** 12 places

**Coverage area:** Greater Montréal

**Financing:** donations

**Legal status:** non-profit organization

### **OLD BREWERY MISSION - LES SENTINELLES DE RUE**

7 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Z 1G8

**514 278-5363 ext. 332**

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

**Services:** Affordable transitional housing for homeless veterans with psychosocial support.

**Eligibility:** veterans who are homeless

**Capacity:** 10 places

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Friday 8h00 to 16h00

**Fees:** grants available

**Financing:** grants, donations

**Legal status:** non-profit organization

### **OLD BREWERY MISSION - MAISON DES VOISINES DE LANAUDIÈRE (LA)**

Confidential Address

**514 526-6446 ext. 521** Fax: 514 526-8452

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Services:** Transitional residence. \* Psychosocial accompaniment for a determined period of time depending on the program.

**Eligibility:** women who have already been housed at the Patricia Mackenzie Pavilion

**Capacity:** 10 places

**Coverage area:** Greater Montréal

**Fees:** residence: depending on the income

**Financing:** donations

**Legal status:** non-profit organization

### **OLD BREWERY MISSION - WEBSTER PAVILION - PROGRAMME PASS**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244 ext. 214** Fax: 514 798-2209

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

**Services:** \* Medical and psychosocial reaffiliation and stabilization: introduction of treatment, retention, accompaniment. \* Referral and accompaniment to adapted housing. \* Artistic and cooking workshops. \* Support and accompaniment group for social reintegration. \* Meals.

**Eligibility:** homeless men 18 years old and over living with a health issue that needs to be stabilized (physical, mental, addiction, etc.)

**Capacity:** 14 beds

**Coverage area:** Greater Montréal

**Hours:** admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00

**Fees:** starting at \$358 per month

**Financing:** donations

**Legal status:** non-profit organization

### **OLD BREWERY MISSION - WEBSTER PAVILION - TRANSITION SERVICES**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244** Fax: 514 798-2209

**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)

**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)



**Services:** Transitional housing and service with undetermined length. \* Thrift store for residents only. \*

Assistance with relocation procedures.

**Eligibility:** men 18 years old and over who are homeless

**Capacity:** 34 beds

**Coverage area:** Greater Montréal

**Hours:** admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00

**Fees:** starting from \$358 per month

**Financing:** donations

**Legal status:** non-profit organization

### PAS DE LA RUE (LE)

1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1699 Fax:** 514 526-1411

**Website:** pasdelarue.org

**Email:** coordo@pasdelarue.org

**Services:** Outreach proximity intervention. \* Day centre: welcoming, socialization, respite, information, activities, exchanges and outings, soup and snacks. \* Listening, referral, helping relationship. \* Nurse clinic. \* Food safety. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Subsidized housing with community support program. \* Tax clinic.

**Eligibility:** people 55 years old and over who are homeless or in a very precarious situation, subsidized housing: people admitted to the day centre, gross income less than \$20,000

**Capacity:** 80

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 15h00, open on holidays

**Financing:** donations, foundations, grants

**Legal status:** non-profit organization

### PROJETS AUTOCHTONES DU QUÉBEC - TRANSITIONAL HOUSING

Confidential Address

**514 879-3310**

**Website:** www.paqc.org/en/transition-rooms

**Email:** thomas.addison@paqc.org

**Services:** Transition rooms for a 3 month to 3 year period. \* Personalized intervention plan. \* Help in obtaining social assistance. \* Life skills and self-esteem program. \* Tax clinic for community members.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 9 apartments for men, 6 apartments for women, 1 apartment for an individual with a disability

**Coverage area:** Montréal Island

**Hours:** 7 days, 17h00 to 8h00

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### REFUGE DES JEUNES DE MONTRÉAL

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

**514 849-4221 ext. 2 Fax:** 514 849-8564

**Website:** www.refugedesjeunes.org/en

**Email:** refuge@refugedesjeunes.org

**Services:** Temporary shelter for about a month. \* Emergency shelter. \* Breakfast and dinner. \* Individual meetings and referral. \* Follow-up. \* Possibility of access to social housing with community support. \* Food assistance for clients. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless people identifying as men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 23 studios

**Coverage area:** Greater Montréal

**Hours:** 7 days, evening: starting at 18h00

**Fees:** shelter: free

**Financing:** donations, grants, foundations

**Legal status:** non-profit organization

### **SIDALYS - MAISON AMARYLLIS**

1422 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z3

**514 526-3811**

**Website:** [sidalys.org/en](http://sidalys.org/en)

**Email:** [contact@sidalys.org](mailto:contact@sidalys.org)

**Services:** Transitional housing. \* Amaryllis rooms: short-term accommodation up to 3 months (meals, laundry).

\* Studios Amaryllis: short-term accommodation from a few months to 2 years. \* Ongoing presence of a field worker. \* Individual support and accompaniment. \* Assistance with search for future housing. \* Medical support.

\* Substance use tolerated. \* Post-housing follow-up.

**Eligibility:** people 18 years and over living with a sexually transmitted or blood-borne infection, priority to people living with HIV

**Capacity:** short-term transitional housing: 9

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days

**Fees:** 75% of the income or depending on financial issues

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

### **VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ**

1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1

**514 875-7013**

**Website:** [www.vilavi.ca/en](http://www.vilavi.ca/en)

**Email:** [info@vilavi.ca](mailto:info@vilavi.ca)

**Services:** Subsidized housing with community support. \* Furnished rooms. \* Two common rooms. \*

Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people who are experiencing episodic or chronic homelessness or who have difficulty finding housing

**Capacity:** 20 rooms

**Coverage area:** Province of Québec

**Fees:** pre-admission assessment: \$50

**Financing:** fundraising, self-financing, donations

**Legal status:** non-profit organization

### **VILAVI - PHASE III - STUDIOS VIGER**

Confidential Address

**514 875-7013**

**Website:** [www.vilavi.ca/en](http://www.vilavi.ca/en)

**Email:** [info@vilavi.ca](mailto:info@vilavi.ca)

**Services:** Subsidized housing with community support. \* Furnished studios, including 5 adapted studios. \*

Community spaces. \* Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing

**Capacity:** 25 studios, including 5 adapted studios

**Coverage area:** Montréal

**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50

**Financing:** self-financing, provincial, donations

**Legal status:** non-profit organization

**VILAVI - PHASE IV - MAISON DE CHAMBRES L'ESPÉRANCE**

Confidential Address

**514 875-7013****Website:** www.vilavi.ca**Email:** info@vilavi.ca**Services:** Subsidized housing with community support. \* Furnished rooms. \* Community spaces. \* Accompaniment and community support for residential stability and social reintegration.**Eligibility:** people 18 years and over who are episodically or chronically homeless or who have difficulty finding housing**Capacity:** 18 rooms**Coverage area:** Montréal**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50**Financing:** self-financing, donations, provincial**Legal status:** non-profit organization**YWCA MONTRÉAL - RESIDENCE**

Confidential Address

**514 866-9941 ext. 298 Fax:** 514 866-4866**Website:** ydesfemmesmtl.org/en/housing-services/residence**Email:** servicesresidentiels@ydesfemmesmtl.org**Services:** \* Residence: program with transitional housing for a period of 2 months to 2 years for women experiencing difficulties and who wish to participate in a social reintegration program.**Eligibility:** women 18 years and over without children, able and willing to participate in a program of social reintegration**Capacity:** 34 places**Coverage area:** Greater Montréal**Hours:** Monday to Friday 9h00 to 17h00**Fees:** variable**Financing:** Centraide of Greater Montréal, self-financing, grants, foundations, provincial, municipal**Legal status:** non-profit organization**Youth shelters****AUBERGE DU COEUR LE TOURNANT**

1775 Wolfe Street, Ville-Marie, Montréal, QC, H2L 3J9

**514 523-2157 Fax:** 514 523-5094**Website:** www.aubergeletournant.org**Email:** tournant@aubergeletournant.org**Services:** \* Housing for up to 6 months including meals. \* Assessment of needs and case plan, support and accompaniment for procedures. \* Information, guidance and referral. \* Social and economic learning: budget, food, group life, healthier lifestyle.**Eligibility:** volunteer male-identifying youth of 17 years and 10 months to 29 years old in a vulnerable situation and at risk of homelessness**Capacity:** 10 beds**Coverage area:** Greater Montréal**Hours:** 24 hours / 7 days**Fees:** \$10 per night**Financing:** provincial, self-financing**Legal status:** non-profit organization

**DANS LA RUE - THE BUNKER**

Confidential Address

**514 524-0029 Fax:** 514 524-7383**Website:** danslarue.org/en/**Email:** bunker@danslarue.org

**Services:** Emergency shelter for 3 to 5 days. \* Reception of minor runaways. \* Breakfast and dinner. \* Assistance in obtaining identification documents. \* Information and referral. \* Assistance with social reintegration procedures.

**Eligibility:** homeless people 12 to 21 years old, homeless people trans persons 12 to 26 years old, with or without pets

**Capacity:** 17 beds**Coverage area:** Montréal Island**Hours:** Sunday to Wednesday 18h00 to 12h00, admissions: until 2h00**Fees:** none**Financing:** donations**Legal status:** non-profit organization**EN MARGE 12-17 - SHELTER**

Confidential Address

**514 849-7117****Website:** www.enmarge1217.ca**Email:** hebergement@enmarge1217.ca

**Services:** Housing for youth including meals, psychosocial support, information and referral. \* Emergency shelter: 3 nights followed by 1 night per week. \* Short term accommodation: 30 days with a possibility of renewal for another 30 days.

**Eligibility:** emergency shelter: youth 12 to 17 years old runaways or homeless, short-term accommodation: youth 16 to 17 years old, on a voluntary basis and with parental consent

**Capacity:** emergency shelter: 2 beds, short-term accommodation: 7 beds**Coverage area:** Montréal Island**Hours:** 24 hours / 7 days

**Fees:** emergency shelter: free, short-term accommodation: \$3 per day or alternative work to pay short-term fees

**Financing:** self-financing, donations, provincial**Legal status:** non-profit organization**REFUGE DES JEUNES DE MONTRÉAL**

1836 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2H3

**514 849-4221 ext. 2 Fax:** 514 849-8564**Website:** www.refugedesjeunes.org/en**Email:** refuge@refugedesjeunes.org

**Services:** Temporary shelter for about a month. \* Emergency shelter. \* Breakfast and dinner. \* Individual meetings and referral. \* Follow-up. \* Possibility of access to social housing with community support. \* Food assistance for clients. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** homeless people identifying as men 17 to 26 years old

**Capacity:** shelter: 45 beds, social housing: 23 studios**Coverage area:** Greater Montréal**Hours:** 7 days, evening: starting at 18h00**Fees:** shelter: free**Financing:** donations, grants, foundations**Legal status:** non-profit organization

## **Housing**

**ADVOCACY FOR HOUSING**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

**SOCIAL HOUSING AND HOUSING COOPERATIVES**

## Advocacy for housing

### BAR OF THE PROVINCE OF QUÉBEC

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411** Fax: 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infobarreau@barreau.qc.ca](mailto:infobarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception: [www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »: [www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques)\* Urgence avocat (all regions, immigraton, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer. \* Housing phonenumber: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phonenumber: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phonenumber: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

### BARREAU DU QUÉBEC - CLINIQUE JURIDIQUE

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 833 997-2527**

**Website:** [cliniquejuridiquebarreau.ca/en](http://cliniquejuridiquebarreau.ca/en)

**Email:** [info@cliniquejuridiquebarreau.ca](mailto:info@cliniquejuridiquebarreau.ca)

**Services:** Advice and support in various areas of law provided by students under the close supervision of lawyers. \* Legal information and advice: social law, family law, inheritance law, civil law, housing law and employment law. \* Help in putting together a legal file. \* Help in understanding and preparing for a hearing or session. \* Consultations In-person in Montreal, Quebec City, Gatineau and Sherbrooke, or at a distance.

**Eligibility:** people 18 years old and over

**Coverage area:** in-person consultation: Montréal, Québec, Gatineau et Sherbrooke, at a distance consultation: Province of Québec

**Hours:** mid-October to mid-July, Tuesday to Thursday 8h45 to 19h45

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

### CHAMBRE DES NOTAIRES DU QUÉBEC

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793** Fax: 514 879-1923

**Website:** [www.cnq.org/en](http://www.cnq.org/en)

**Email:** [information@cnq.org](mailto:information@cnq.org)

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \* Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-5992**

**Website:** [clvm.org](http://clvm.org)

**Email:** [info@clvm.org](mailto:info@clvm.org)

**Services:** Grouping and advocacy for tenants rights. \* Information sessions on the right to housing. \* Promotion and development of social housing (HLM, co-ops and NPOs). \* Moral support to tenants.

**Eligibility:** tenants

**Coverage area:** Ville-Marie

**Hours:** reception: Tuesday to Thursday 13h30 to 16h30

**Fees:** none

**Financing:** grants, dons

**Legal status:** non-profit organization

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax: 514 864-1515**

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

### FRONT D'ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN

1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5

**514 522-1010 Fax:** 514 527-3403

**Website:** [www.frapru.qc.ca](http://www.frapru.qc.ca)

**Email:** [frapru@frapru.qc.ca](mailto:frapru@frapru.qc.ca)

**Services:** Group of organizations that intervenes with its own members, and especially with governments, to promote the right to housing and more specifically, social housing. \* Defense of collective and individual rights related to housing issues: planning, social housing, housing conditions. \* Fight against poverty and promotion of social rights.

**Eligibility:** housing rights associations and advocacy groups

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** grants, contributions, donations

**Legal status:** non-profit organization

### JURISTES À DOMICILE

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization



**REGROUPEMENT DES GESTIONNAIRES ET COPROPRIÉTAIRES DU QUÉBEC**

1200 McGill College Avenue, Ville-Marie, Montréal, QC, H3B 4G7

**1 888 313-7427**

**Website:** fr.rgcq.org

**Email:** info@rgcq.org

**Services:** Organization that offers information and support to co-owners, administrators and managers of co-ownership. \* Advisory service, information and referrals. \* Legal consultation line for members. \* Training and workshops. \* Publications: Condoliation magazine, books and annual directory.

**Eligibility:** co-owners, administrators and condominium managers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

**SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315 Fax:** 514 873-8340

**Website:** www.habitation.gouv.qc.ca/english

**Email:** infoshq@shq.gouv.qc.ca

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

www.habitation.gouv.qc.ca/repertoire \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

**TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE**

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

**514 873-2245 Fax:** 514 864-8077

**Website:** www.tal.gouv.qc.ca/en

**Services:** Specialized court regarding residential lease matters. \* Information on rights and obligations related to leases. \* Conciliation between landlords and tenants. \* Protection of tenants' rights. \* Assistance filling out court application forms. \* Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul \* Online tool to access legal information about the rental lease: justicebot.ca

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

**YOUNG BAR OF MONTRÉAL**

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8

**514 954-3448 Fax:** 514 954-3496

**Website:** ajbm.qc.ca/en

**Email:** servicesprobono@ajbm.qc.ca

**Services:** Promotion of access to justice. \* Defense and promotion of its members' interests. \* Services of consultation and legal information. \* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. \* LET'S TALK LAW: legal consultation for youth 12 to 21 years old. \* Legal consultations to start a company. \* Annual legal helpline. \* Organization of charitable activities.

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** foundations, grants

**Legal status:** non-profit organization

## Emergency

### CHAMBRE DE L'ASSURANCE DE DOMMAGES

999 De Maisonneuve Boulevard West, Suite 1200, Ville-Marie, Montréal, QC, H3A 3L4

**1 800 361-7288**

**Website:** chad.ca/en

**Email:** info@chad.qc.ca

**Services:** \* Ongoing training of professionals. \* Ethical conduct and supervision of members. \* Public protection. \* Reception of complaints.

**Eligibility:** insurance agents, broker and claims experts, insured people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

### ÉNERGIR

1717 du Havre Street, Ville-Marie, Montréal, QC, H2K 2X3

**1 800 361-8003**

**Website:** energir.com/en

**Email:** info@energir.com

**Services:** Natural gas distributor. \* Grants for the purchase or replacement of natural gas appliances. \* Info-excavation: free tracking service for underground conduits.

**Coverage area:** Province of Québec

**Hours:** Emergency: 24 hours / 7 days, customer service: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** commercial enterprise

### FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

**514 527-5720 Fax: 514 527-7388**

**Website:** fohm.org

**Email:** info@fohm.org

**Services:** Grouping of non-profit housing organizations. \* Assessment of buildings. \* Organizational support, training. \* Administrative, financial and property management. \* Community support intervention. \* Insurance and prevention mutual. \* Directory of non-profit housing organizations: fohm.org/osblh-definition/repertoire-osbl-habitation

**Eligibility:** non-profit housing organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

### HELPING HAND FOR BURN SURVIVORS

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 527-7555**

**Website:** [www.entraidegb.org](http://www.entraidegb.org)

**Email:** [dg@entraidegb.org](mailto:dg@entraidegb.org)

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### INSURANCE BUREAU OF CANADA

1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1

**1 877 288-4321**

**Website:** [bac-quebec.qc.ca/en](http://bac-quebec.qc.ca/en)

**Email:** [cinfo@bac-quebec.qc.ca](mailto:cinfo@bac-quebec.qc.ca)

**Services:** Association representing the majority of property and casualty insurers (home, commercial, automobile and liability insurance). \* Participation in the preparation of draft laws. \* Education, prevention, awareness. \* Public information.

**Eligibility:** consumers, insurance industry counsellors

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### REGROUPEMENT DES ORGANISMES HUMANITAIRES ET COMMUNAUTAIRES POUR LES MESURES D'URGENCE À MONTRÉAL

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**450 589-1213**

**Website:** [www.rohcmum.org](http://www.rohcmum.org)

**Email:** [info@rohcmum.org](mailto:info@rohcmum.org)

**Services:** Develops and maintains a civil safety culture for humanitarian and community organizations, as well as emergency counsellors in Montréal. \* Acts as a liaison officer to facilitate the mobilization of organizations. \* Coordinates actions in order to optimize the assistance to people affected by a disaster.

**Coverage area:** Montréal Island

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**SALVATION ARMY - EMERGENCY DISASTER SERVICE**

625 du Président-Kennedy Avenue, Suite 1700, Ville-Marie, Montréal, QC, H3A 1K2

**514 809-2522 Fax:** 514 254-0723

**Website:** [salvationarmy.ca/quebec](http://salvationarmy.ca/quebec)

**Email:** [aydin.matlabi@armedusalut.ca](mailto:aydin.matlabi@armedusalut.ca)

**Services:** Help during natural disasters (floods, fires, storms). \* Food aid. \* Material aid: clothing, hygiene kits, blankets, etc. \* Setting up temporary shelters and providing safe housing for people displaced by disasters or emergencies. \* Emotional and spiritual support for people in crisis situations, helping and accompanying them through stressful situations. \* Coordination with first responders, fire brigades, police and medical teams to help manage the crisis and provide logistical support. \* Search and rescue assistance. \* Support for vulnerable populations (homeless people, refugees or other at-risk groups) during emergencies. \* Psychosocial support: offering advice, emotional care and assistance to people suffering from trauma. \* Collaboration with various levels of government and local non-profit organisations.

**Eligibility:** individuals or families affected by a natural disaster (floods, forest fires, storms, earthquakes) and who have lost their home or access to basic resources, people experiencing or at risk of homelessness, individuals or families in financial difficulty unable to meet their basic needs, marginalized groups (aboriginal communities, seniors, people with disabilities, firefighters, police, medical teams, volunteers, non-profit organizations, government agencies

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**VILLE-MARIE - BOROUGH**

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax:** 514 872-8347

**Website:** [ville.montreal.qc.ca/villemarie](http://ville.montreal.qc.ca/villemarie)

**Email:** [ville-marie@montreal.ca](mailto:ville-marie@montreal.ca)

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## Housing cooperatives and corporations

### ASSOCIATION DES GROUPES DE RESSOURCES TECHNIQUES DU QUÉBEC

533 Ontario Street East, Suite 340, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 849-8547**

**Website:** [agrtq.qc.ca](http://agrtq.qc.ca)

**Email:** [agrtq@agrtq.qc.ca](mailto:agrtq@agrtq.qc.ca)

**Services:** Research and sharing of alternative expertise on issues of development of cooperative or nonprofit housing projects by households on a low or modest income. \* Coalition and training. \* Advocacy.

**Eligibility:** technical resources groups, their tenants

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** self-financing

**Legal status:** non-profit organization

### BAR OF THE PROVINCE OF QUÉBEC

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411** Fax: 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infobarreau@barreau.qc.ca](mailto:infobarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception:

[www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »:

[www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques)\* Urgence avocat (all regions, immigraton, and juvenile): arrest

hotline. \* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer. \* Housing

phoneline: legal consultation for landlords and tenants. \* JurisRéfÉrence: small claims plan assistance, help

with finding a lawyer or a mediator and phone legal assistance. \* Info-DÉonto (for lawyers only): telephone line

for questions about professional ethics. \* Info-HarcÈlement (for lawyers and interns): hotline for reporting sexual

harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the

public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phoneline: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

### BARREAU DU QUÉBEC - CLINIQUE JURIDIQUE

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 833 997-2527**

**Website:** [cliniquejuridiquebarreau.ca/en](http://cliniquejuridiquebarreau.ca/en)

**Email:** [info@cliniquejuridiquebarreau.ca](mailto:info@cliniquejuridiquebarreau.ca)

**Services:** Advice and support in various areas of law provided by students under the close supervision of

lawyers. \* Legal information and advice: social law, family law, inheritance law, civil law, housing law and

employment law. \* Help in putting together a legal file. \* Help in understanding and preparing for a hearing or

session. \* Consultations In-person in Montreal, Quebec City, Gatineau and Sherbrooke, or at a distance.

**Eligibility:** people 18 years old and over

**Coverage area:** in-person consultation: Montréal, Québec, Gatineau et Sherbrooke, at a distance consultation: Province of Québec

**Hours:** mid-October to mid-July, Tuesday to Thursday 8h45 to 19h45

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

### CHAMBRE DES NOTAIRES DU QUÉBEC

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793 Fax:** 514 879-1923

**Website:** [www.cnq.org/en](http://www.cnq.org/en)

**Email:** [information@cnq.org](mailto:information@cnq.org)

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \* Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-5992**

**Website:** [clvm.org](http://clvm.org)

**Email:** [info@clvm.org](mailto:info@clvm.org)

**Services:** Grouping and advocacy for tenants rights. \* Information sessions on the right to housing. \* Promotion and development of social housing (HLM, co-ops and NPOs). \* Moral support to tenants.

**Eligibility:** tenants

**Coverage area:** Ville-Marie

**Hours:** reception: Tuesday to Thursday 13h30 to 16h30

**Fees:** none

**Financing:** grants, dons

**Legal status:** non-profit organization

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpcdj.qc.ca/en](http://www.cdpcdj.qc.ca/en)

**Email:** [information@cdpcdj.qc.ca](mailto:information@cdpcdj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**COMMUNITY LEGAL CENTRE OF MONTRÉAL**

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

**FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL**

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

**514 527-5720 Fax:** 514 527-7388

**Website:** [fohm.org](http://fohm.org)

**Email:** [info@fohm.org](mailto:info@fohm.org)

**Services:** Grouping of non-profit housing organizations. \* Assessment of buildings. \* Organizational support, training. \* Administrative, financial and property management. \* Community support intervention. \* Insurance and prevention mutual. \* Directory of non-profit housing organizations: [fohm.org/osblh-definition/repertoire-osbl-habitation](http://fohm.org/osblh-definition/repertoire-osbl-habitation)

**Eligibility:** non-profit housing organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

**FRONT D'ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN**

1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5

**514 522-1010 Fax:** 514 527-3403

**Website:** [www.frapru.qc.ca](http://www.frapru.qc.ca)

**Email:** [frapru@frapru.qc.ca](mailto:frapru@frapru.qc.ca)

**Services:** Group of organizations that intervenes with its own members, and especially with governments, to promote the right to housing and more specifically, social housing. \* Defense of collective and individual rights related to housing issues: planning, social housing, housing conditions. \* Fight against poverty and promotion of social rights.

**Eligibility:** housing rights associations and advocacy groups

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** grants, contributions, donations

**Legal status:** non-profit organization

**GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION**

1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5

**514 849-7800** Fax: 514 849-1495

**Website:** www.groupecdh.com

**Email:** info@groupecdh.com

**Services:** \* Assistance with the development of community real-estate projects. \* Accompaniment of organizations who have major works to do on their buildings. \* Cooperative management and home ownership training for organizations. \* Complete administrative support. \* Waiting list for people in search of housing.

**Eligibility:** families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**INTERLOGE**

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7

**514 522-2107** Fax: 514 522-7070

**Website:** interloge.org

**Email:** info@interloge.org

**Services:** Affordable housing. \* Development of affordable housing projects. \* Contribution to neighbourhoods' socioeconomic revitalization. \* Rental of affordable housing.

**Eligibility:** households on a low or modest income

**Capacity:** 925 housing units

**Coverage area:** Montréal Island, Laval, Laurentians, Montérégie

**Hours:** Monday to Friday 9h00 to 17h00, by appointment

**Financing:** self-financing, federal, provincial, municipal

**Legal status:** non-profit organization

**JURISTES À DOMICILE**

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929** Fax: 514 339-9956

**Website:** www.juristesadomicile.com

**Email:** juristesadomicile@gmail.com

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization



**MA CHAMBRE**

1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3

**514 287-9511** Fax: 514 287-9766

**Website:** www.machambreinc.org

**Email:** admin@machambreinc.org

**Services:** Acquisition, construction and management of buildings to house people on a low income. \* Community services. \* Buildings: Le 1624, Maison Denis Côté, Maison Gilbert Lafontaine, Maison Hélène Bastien, Maison Mario-Guérette and Maison Sylvie-Arsenault.

**Eligibility:** adults 18 years and over, single, on a low income and autonomous

**Capacity:** 200

**Coverage area:** Downtown, Le Plateau-Mont-Royal

**Hours:** housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00

**Fees:** subsidized housing: 25% of income, non-subsidized housing: 280 to \$400 per month

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**MONTRÉAL - VILLE - AFFORDABLE HOUSING RENO PROGRAM**

303 Notre-Dame Street East, 4th floor, Ville-Marie, Montréal, QC, H2Y 3Y8

**514 588-7098**

**Website:** ville.montreal.qc.ca/portal/page?\_pageid=9437,143273922&\_dad=portal&\_schema=PORTAL

**Email:** reno.habiter@ville.montreal.qc.ca

**Services:** \* Grants to owners of buildings with 6 or more units to encourage renovations.

**Eligibility:** owners of a building of 5 storeys or fewer, built more than 20 years ago and including 6 or more dwelling units, at least half of which are occupied and at least one-third of which are rented at rents that are affordable for the borough where it is located, cooperatives and non-profit housing organizations that meet the same conditions, but may have more than 5 storeys, non-profit organizations offering temporary housing and whose building condition meets the program criteria, rooming houses with 4 or more rooms

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** non-refundable review fees: \$291 plus \$54 for each dwelling unit up to a maximum of \$1,911

**Financing:** municipal

**Legal status:** municipal agency

**REGROUPEMENT DES GESTIONNAIRES ET COPROPRIÉTAIRES DU QUÉBEC**

1200 McGill College Avenue, Ville-Marie, Montréal, QC, H3B 4G7

**1 888 313-7427**

**Website:** fr.rgcq.org

**Email:** info@rgcq.org

**Services:** Organization that offers information and support to co-owners, administrators and managers of co-ownership. \* Advisory service, information and referrals. \* Legal consultation line for members. \* Training and workshops. \* Publications: Condoliation magazine, books and annual directory.

**Eligibility:** co-owners, administrators and condominium managers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

**SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315** Fax: 514 873-8340

**Website:** www.habitation.gouv.qc.ca/english

**Email:** infoshq@shq.gouv.qc.ca

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

[www.habitation.gouv.qc.ca/repertoire](http://www.habitation.gouv.qc.ca/repertoire) \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

### **SOCIÉTÉ D'HABITATION DU QUÉBEC - ACCÈSLOGIS QUÉBEC PROGRAM**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315 Fax:** 514 873-8340

**Website:** [www.habitation.gouv.qc.ca/programme/programme/acceslogis\\_quebec.html](http://www.habitation.gouv.qc.ca/programme/programme/acceslogis_quebec.html)

**Email:** [acceslogis@shq.gouv.qc.ca](mailto:acceslogis@shq.gouv.qc.ca)

**Services:** Financial aid program. \* Encourages the grouping of public, community and private resources, in order to set up community and affordable housing for low or modest income households and for people with special housing needs. \* Project realization kits available on the website.

**Eligibility:** housing offices (OMH), housing cooperatives, non-profit organizations and non-profit purchasing companies

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Fees:** required minimum contribution ranges from 5 to 15%

**Financing:** provincial

**Legal status:** non-profit organization

### **SOCIÉTÉ D'HABITATION DU QUÉBEC - RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315**

**Website:** [www.habitation.gouv.qc.ca/programme/programme/programme\\_dadaptation\\_de\\_domicile.html](http://www.habitation.gouv.qc.ca/programme/programme/programme_dadaptation_de_domicile.html)

**Email:** [infoshq@shq.gouv.qc.ca](mailto:infoshq@shq.gouv.qc.ca)

**Services:** Financial aid for owners or landlords to get renovations done that will enable tenants with reduced mobility to live longer in their homes.

**Eligibility:** people with reduced mobility: seniors and people with a permanent physical disability

**Coverage area:** Province of Québec, except Montréal

**Financing:** provincial

**Legal status:** non-profit organization

### **SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8

**514 380-7436**

**Website:** [www.shdm.org/en](http://www.shdm.org/en)

**Email:** [info@shdm.org](mailto:info@shdm.org)

**Services:** Management of non-subsidized affordable residential buildings (apartments and rooming houses). \* Interactive map of housing units currently for rent: [www.shdm.org/en/renters/housing-for-rent](http://www.shdm.org/en/renters/housing-for-rent)

**Eligibility:** families or single people, Autonomie+ buildings: retired or pre-retired people 55 years old and over

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, outside opening hours: access to the emergency telephone service for tenants 24 hours / 7 days

**Fees:** variable

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

### TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

**514 873-2245 Fax:** 514 864-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized court regarding residential lease matters. \* Information on rights and obligations related to leases. \* Conciliation between landlords and tenants. \* Protection of tenants' rights. \* Assistance filling out court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) \* Online tool to access legal information about the rental lease: [justicebot.ca](http://justicebot.ca)

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

### YOUNG BAR OF MONTRÉAL

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8

**514 954-3448 Fax:** 514 954-3496

**Website:** [ajbm.qc.ca/en](http://ajbm.qc.ca/en)

**Email:** [servicesprobono@ajbm.qc.ca](mailto:servicesprobono@ajbm.qc.ca)

**Services:** Promotion of access to justice. \* Defense and promotion of its members' interests. \* Services of consultation and legal information. \* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. \* LET'S TALK LAW: legal consultation for youth 12 to 21 years old. \* Legal consultations to start a company. \* Annual legal helpline. \* Organization of charitable activities.

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** foundations, grants

**Legal status:** non-profit organization

## Housing search assistance

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### **DANS LA RUE - CHEZ POPS**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** danslarue.org/en/

**Email:** centredejour@danslarue.org

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

### **FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-4546 Fax: 514 934-0063**

**Website:** faceafacemontreal.org

**Email:** info@faceafacemontreal.org

**Services:** \* Active listening and support over the phone and in person. \* Individual counselling. \* Information and distribution of welfare checks. \* Information on housing search, low-cost housing and the area's shelters. \* Housing search for people who do not have access to the Internet. \* Reception of mail and telephone messages, proof of address for homeless people. \* Internet and telephone access. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Accompaniment to medical appointments, appointments with other organizations, apartment visits, procedures to apply for social housing, etc.

**Eligibility:** people in search of housing, people experiencing or at risk of experiencing homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 17h00, last week of the month: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **FONDATION JEAN MARC PAQUETTE - SAFIR**

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** www.fjmp.org/fr/safir

**Email:** projet-safir@outlook.com

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### HELPING HAND FOR BURN SURVIVORS

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 527-7555**

**Website:** www.entraidegb.org

**Email:** dg@entraidegb.org

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### MAINS DU QUARTIER (LES)

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** lesmainsduquartier.ca

**Email:** lesmainsduquartier@gmail.com

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

### MÉTA D'ÂME

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000 Fax:** 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Drop-in and peer support centre. \* Accompaniment and support towards the achievement of the goals: steps related to health, social and economic reintegration. \* Transitional housing. \* Social housing with community support. \* Recreational activities and educational workshops. \* Advocacy. \* \* PROFAN 2.0 Program: training on preventing overdoses with Naloxone for users and their relatives. \* Naloxone kits distribution. \* Distribution of fentanyl test strips.

**Eligibility:** people who use or have used opioids

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 13h00 to 16h30

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

### **MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

### **OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244 Fax:** 514 798-2209

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** \* Emergency and housing accompaniment services. \* Program for people experiencing a first homelessness episode and in urban health (mental health, physical health and alcohol consumption). \* Thrift store for residents only. \* Recovery of material donations: clothing, carrying bags, blankets and sleeping bags, personal hygiene products, etc.

**Eligibility:** homeless men 18 years old and over

**Capacity:** 185 beds, winter 2024-2025: 160 places

**Coverage area:** Greater Montréal

**Hours:** shelter admission: 24 hours / 7 days, admission for accompaniment and urban health programs: Monday to Friday 8h00 to 16h00

**Fees:** emergency services: free, transition and urban health programs: starting at \$358 per month

**Financing:** donations

**Legal status:** non-profit organization

### **ONROULE.ORG**

Confidential Address

**438 476-7012**

**Website:** onroule.org/en

**Email:** info@onroule.org

**Services:** Web directory of accessible public places and businesses, accessible and adaptable housing, accessible organizations and accessibility resources.

**Eligibility:** people with reduced mobility, young families, seniors, people living with functional limitations, people living with a disability

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**PROJET LOGEMENT MONTRÉAL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

**Website:** [www.projetlogementmontreal.org](http://www.projetlogementmontreal.org)

**Email:** [info@projetlogementmontreal.org](mailto:info@projetlogementmontreal.org)

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM**

Confidential Address

**514 940-1481 TTY:** 1 800 361-3795

**Website:** [www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program](http://www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program)

**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. \* From October 1st 2024 to September 30th 2025: financial assistance of up to \$170 per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

**Hours:** phone services: Monday to Friday 8h30 to 16h30

**Financing:** provincial, federal

**Legal status:** provincial government agency

**Social housing and housing cooperatives****ADRIANNA ESPACE COLLECTIF**

2400 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

**514 527-8727**

**Website:** [www.aecmtl.org](http://www.aecmtl.org)

**Email:** [comptabilite@aecmtl.org](mailto:comptabilite@aecmtl.org)

**Services:** \* Food bank. \* Social reintegration. \* Subsidized housing. \* Public writer service: Help with writing or understanding a document, administrative service: filling out government forms and administrative procedures, employability service: resume writing, help with job application forms, social service: drafting applications for social assistance, social security, food security, family assistance, etc, informal service: writing letters or postcards for loved ones.

**Eligibility:** people on a low income over 18 years old

**Capacity:** 400 members

**Coverage area:** postal codes starting by H2K, H2L, H1V and H1W

**Hours:** Tuesday to Thursday 9h00 to 15h00, food delivery: Tuesday to Thursday, between 9h00 and 17h00, registration on site: Tuesday 12h30 to 15h00

**Fees:** membership card: free, \$5 per basket

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**CORPORATION D'HABITATION JEANNE-MANCE**

150 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1H1

**514 872-1221**

**Website:** www.chjm.ca

**Email:** info@chjm.ca

**Services:** Management of Habitations Jeanne-Mance. \* Social housing.

**Eligibility:** people and families on a low income

**Capacity:** 788 units

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

**Financing:** municipal, federal

**Legal status:** municipal agency

**FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL**

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

**514 527-5720 Fax:** 514 527-7388

**Website:** fohm.org

**Email:** info@fohm.org

**Services:** Grouping of non-profit housing organizations. \* Assessment of buildings. \* Organizational support, training. \* Administrative, financial and property management. \* Community support intervention. \* Insurance and prevention mutual. \* Directory of non-profit housing organizations: [fohm.org/osblh-definition/repertoire-osbl-habitation](http://fohm.org/osblh-definition/repertoire-osbl-habitation)

**Eligibility:** non-profit housing organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** municipal

**Legal status:** non-profit organization

**GESTION DES TROIS PIGNONS**

1850 Bercy Street, Suite 201-B, Ville-Marie, Montréal, QC, H2K 2V2

**514 524-3015 Fax:** 514 524-2086

**Website:** gestiondestroispignons.ca

**Email:** info@g3p.ca

**Services:** Housing for people on a low and moderate income with services.

**Eligibility:** Tours Frontenac's tenants

**Capacity:** 778 apartments

**Coverage area:** Frontenac Towers

**Hours:** Monday to Friday 7h00 to 12h00 and 13h00 to 16h30

**Fees:** variable

**Financing:** self-financing

**Legal status:** Nonprofit - Incorporated

**GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION**

1000 Atateken Street, Suite 201, Ville-Marie, Montréal, QC, H2L 3K5

**514 849-7800 Fax:** 514 849-1495

**Website:** www.groupecdh.com

**Email:** info@groupecdh.com

**Services:** \* Assistance with the development of community real-estate projects. \* Accompaniment of organizations who have major works to do on their buildings. \* Cooperative management and home ownership training for organizations. \* Complete administrative support. \* Waiting list for people in search of housing.

**Eligibility:** families and individuals on a low income, cultural communities, people with special needs, seniors with a slight loss of autonomy, people living with disabilities, autonomous seniors

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00



**Financing:** self-financing, provincial  
**Legal status:** non-profit organization

### INTERLOGE

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7

**514 522-2107 Fax:** 514 522-7070

**Website:** interloge.org

**Email:** info@interloge.org

**Services:** Affordable housing. \* Development of affordable housing projects. \* Contribution to neighbourhoods' socioeconomic revitalization. \* Rental of affordable housing.

**Eligibility:** households on a low or modest income

**Capacity:** 925 housing units

**Coverage area:** Montréal Island, Laval, Laurentians, Montérégie

**Hours:** Monday to Friday 9h00 to 17h00, by appointment

**Financing:** self-financing, federal, provincial, municipal

**Legal status:** non-profit organization

### MA CHAMBRE

1626 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z3

**514 287-9511 Fax:** 514 287-9766

**Website:** www.machambreinc.org

**Email:** admin@machambreinc.org

**Services:** Acquisition, construction and management of buildings to house people on a low income. \* Community services. \* Buildings: Le 1624, Maison Denis Côté, Maison Gilbert Lafontaine, Maison Hélène Bastien, Maison Mario-Guérette and Maison Sylvie-Arsenault.

**Eligibility:** adults 18 years and over, single, on a low income and autonomous

**Capacity:** 200

**Coverage area:** Downtown, Le Plateau-Mont-Royal

**Hours:** housing request in person: Tuesday 9h30 to 12h00 and 13h30 to 15h00, office: Monday to Thursday 9h00 to 12h00 and 13h30 to 15h00

**Fees:** subsidized housing: 25% of income, non-subsidized housing: 280 to \$400 per month

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### SOCIÉTÉ D'HABITATION DU QUÉBEC

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315 Fax:** 514 873-8340

**Website:** www.habitation.gouv.qc.ca/english

**Email:** infoshq@shq.gouv.qc.ca

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec: www.habitation.gouv.qc.ca/repertoire \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

**SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8

**514 380-7436**

**Website:** [www.shdm.org/en](http://www.shdm.org/en)

**Email:** [info@shdm.org](mailto:info@shdm.org)

**Services:** Management of non-subsidized affordable residential buildings (apartments and rooming houses). \*

Interactive map of housing units currently for rent: [www.shdm.org/en/renters/housing-for-rent](http://www.shdm.org/en/renters/housing-for-rent)

**Eligibility:** families or single people, Autonomie+ buildings: retired or pre-retired people 55 years old and over

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, outside opening hours: access to the emergency telephone service for tenants 24 hours / 7 days

**Fees:** variable

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ**

1271-1275 Saint-André Street, Ville-Marie, Montréal, QC, H2L 3T1

**514 875-7013**

**Website:** [www.vilavi.ca/en](http://www.vilavi.ca/en)

**Email:** [info@vilavi.ca](mailto:info@vilavi.ca)

**Services:** Subsidized housing with community support. \* Furnished rooms. \* Two common rooms. \*

Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people who are experiencing episodic or chronic homelessness or who have difficulty finding housing

**Capacity:** 20 rooms

**Coverage area:** Province of Québec

**Fees:** pre-admission assessment: \$50

**Financing:** fundraising, self-financing, donations

**Legal status:** non-profit organization

**VILAVI - PHASE III - STUDIOS VIGER**

Confidential Address

**514 875-7013**

**Website:** [www.vilavi.ca/en](http://www.vilavi.ca/en)

**Email:** [info@vilavi.ca](mailto:info@vilavi.ca)

**Services:** Subsidized housing with community support. \* Furnished studios, including 5 adapted studios. \*

Community spaces. \* Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people 18 years old and over who are episodically or chronically homeless or who have difficulty finding housing

**Capacity:** 25 studios, including 5 adapted studios

**Coverage area:** Montréal

**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50

**Financing:** self-financing, provincial, donations

**Legal status:** non-profit organization

**VILAVI - PHASE IV - MAISON DE CHAMBRES LESPÉRANCE**

Confidential Address

**514 875-7013**

**Website:** [www.vilavi.ca](http://www.vilavi.ca)

**Email:** [info@vilavi.ca](mailto:info@vilavi.ca)

**Services:** Subsidized housing with community support. \* Furnished rooms. \* Community spaces. \*

Accompaniment and community support for residential stability and social reintegration.

**Eligibility:** people 18 years and over who are episodically or chronically homeless or who have difficulty finding housing

**Capacity:** 18 rooms

**Coverage area:** Montréal

**Fees:** 25% of income according to the provincial notice of assessment, pre-admission assessment: \$50

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**Immigration and cultural communities****FRENCH COURSES****IMMIGRATION AND SPONSORSHIP****INTERPRETATION AND TRANSLATION****MULTICULTURAL ORGANIZATIONS****PREVENTION AND FIGHT AGAINST RACISM****RECOGNITION OF PRIOR LEARNING AND DIPLOMAS****SETTLEMENT SERVICES FOR NEWCOMERS**

## French courses

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

514 321-2194

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

514 525-2778 ext. 1

**Website:** [criccentresud.org](http://criccentresud.org)

**Email:** [info@criccentresud.org](mailto:info@criccentresud.org)

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

### CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

438 796-8701

**Website:** [halte-ami.ca](http://halte-ami.ca)

**Email:** [centre\\_ecoute@halte-ami.ca](mailto:centre_ecoute@halte-ami.ca)

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

## CENTRE LARTIGUE

2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5

**514 596-4433**

**Website:** [centre-lartigue.cssdm.gouv.qc.ca/english](http://centre-lartigue.cssdm.gouv.qc.ca/english)

**Email:** [c-lartigue@cssdm.qc.ca](mailto:c-lartigue@cssdm.qc.ca)

**Services:** Francization classes: full-time, part-time or at distance.

**Eligibility:** immigrant adults

**Capacity:** 585 students

**Coverage area:** Greater Montréal

**Hours:** Monday, Thursday and Friday 8h30 to 16h30, Tuesday and Wednesday 8h30 to 19h00

**Financing:** provincial

**Legal status:** non-profit organization

## MAINS DU QUARTIER (LES)

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** [lesmainsduquartier.ca](http://lesmainsduquartier.ca)

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

## MCGILL UNIVERSITY

845 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 0G4

**514 398-3948**

**Website:** [www.mcgill.ca](http://www.mcgill.ca)

**Email:** [cle@mcgill.ca](mailto:cle@mcgill.ca)

**Services:** Public educational institution at university level \* 1st, 2nd and 3rd cycle programs. \* Distance education. \* Student residences. \* Test d'évaluation de français (TEF). \* Student Wellness Hub: [click here](#) \* Student Accessibility and Achievement services: [click here](#) \* Other campus: 21111 Lakeshore Road, Sainte-Anne-de-Bellevue H9X 3V9. Student clubs and groups \* First People's House student group. \* Queer McGill. \* Political and social activism. \* Charity and Environment. \* Many other clubs and resources available.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION

Confidential Address

**1 877 864-9191** TTY: 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** [www.therefugeecentre.org](http://www.therefugeecentre.org)

**Email:** [info@therefugeecentre.org](mailto:info@therefugeecentre.org)

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## Immigration and sponsorship

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** [criccentresud.org](http://criccentresud.org)

**Email:** [info@criccentresud.org](mailto:info@criccentresud.org)

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS

1259 Berri Street, Suite 900, Ville-Marie, Montréal, QC, H2L 4C7

**514 987-1759**

**Website:** [www.citim.org](http://www.citim.org)

**Email:** [accueil@citim.org](mailto:accueil@citim.org)

**Services:** Settlement and job search services. \* Pre-departure: pre-arrival services, assistance and information to facilitate integration. \* First steps to settling in: practical advice and resources for settling in upon arrival (housing, SIN, RAMQ, driver's license, daycare, etc.). \* Objective Integration Session: exploration of Québec values, cultural codes and the job market for French-speaking immigrants at intermediate level. \* Intercultural twinning: creation of links between newcomers and members of Québec society to encourage cultural exchange. \* Social activities: online and in person. \* Conferences on immigration processes in Canada and Québec. \* Work in Québec program: comprehensive support for the professional integration of newcomers to the job market. \* Engineering program: specialized program for engineers trained abroad to work in Québec's engineering sector. \* PICBOIS Québec: an information tool for Internationally Trained Professionals (ITPs) on Québec's wood construction industry, career prospects and how to upgrade their skills. \* Job offers in Montréal from partner companies. \* Services for businesses. \* Networking activities with employers. \* English conversation classes to perfect professional English.

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTists, accepted refugee residents, visitors, citizens under 5 in Québec

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** none

**Financing:** grants, provincial

**Legal status:** non-profit organization

## IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION

200 René-Lévesque Boulevard West, East tower, Suite 102, Ville-Marie, Montréal, QC, H2Z 1X4

**1 866 626-8719** Fax: 514 283-0164

**Website:** [irb.gc.ca](http://irb.gc.ca)

**Services:** Independent administrative tribunal making decisions on immigration and refugee status.

**Eligibility:** claimants of immigration or refugee status

**Coverage area:** Province of Québec



**Financing:** federal

**Legal status:** federal government agency

## **IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE**

1025 St-Jacques Street, Ville-Marie, Montréal, QC, H3C 1G8

**1 888 242-2100 TTY:** 1 888 576-8502

**Website:** [www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. \* Processing of immigration, asylum and study permit requests. \* Granting of citizenship. \* Issuing of travel documents and passports to Canadians. \* Promotion of multiculturalism. \* Checking an immigration or citizenship application status online: [www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html)

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Canada

**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00

**Financing:** federal

**Legal status:** federal government agency

## **MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L'ÉTRANGER**

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7

**514 873-6708 Fax:** 514 864-4746

**Website:** [www.international.gouv.qc.ca/en/general/representation-etranger](http://www.international.gouv.qc.ca/en/general/representation-etranger)

**Email:** [renseignements@mri.gouv.qc.ca](mailto:renseignements@mri.gouv.qc.ca)

**Services:** Regroups Quebec's delegations in over ten countries. \* Promotion of Quebec internationally. \* Offers help and information to people wishing to invest, immigrate or study in the province of Québec.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## **REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION**

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8

**1 877 864-9191 TTY:** 1 866 227-5968

**Website:** [www.mifi.gouv.qc.ca/fr/reglementation-consultants](http://www.mifi.gouv.qc.ca/fr/reglementation-consultants)

**Services:** \* Registry of approved immigration consultants in Québec. \* Annual publication of the registry online.  
 \* Processing of applications for recognition and renewal of the title of consultant.  
**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants  
**Coverage area:** Province of Quebec  
**Fees:** consultation of the registry: free, recognition of the title: exam and \$1702, renewal of the title: \$1384  
**Financing:** provincial  
**Legal status:** provincial government agency

### SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4  
**1 800 622-6232 TTY: 1 800 926-9105**  
**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public  
**Coverage area:** Downtown  
**Hours:** Monday to Friday 8h30 to 16h00  
**Fees:** parking: free  
**Financing:** federal  
**Legal status:** federal government agency

### UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9  
**819 431-2570**

**Website:** [unionfrancaisedemontreal.org](http://unionfrancaisedemontreal.org)  
**Email:** [info@unionfrancaisedemontreal.org](mailto:info@unionfrancaisedemontreal.org)

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community  
**Coverage area:** Greater Montréal  
**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00  
**Fees:** annual membership: \$25  
**Financing:** foundations, donations, provincial, contributions, self-financing, grants  
**Legal status:** non-profit organization

## Interpretation and translation

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### BANQUE D'INTERPRÈTES DU RÉSEAU DE LA SANTÉ ET DES SERVICES SOCIAUX

1001 de Maisonneuve Street East, Ville-Marie, Montréal, QC, H2L 4P9

**514 597-3284**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/banque-interregionale-dinterpretes](http://ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/banque-interregionale-dinterpretes)

**Email:** [biq@ssss.gouv.qc.ca](mailto:biq@ssss.gouv.qc.ca)

**Services:** Interpretation and translation in order to provide access to health and social services (RSSS). \* Planned or urgent matching services between a provider and an applicant for interpretation or translation services of the RSSS of the Greater Montréal area, including Montérégie. \* Services available in person and remotely. \* Services in over 70 languages.

**Eligibility:** people from various cultural communities who are not proficient in English or French

**Coverage area:** le Québec

**Hours:** Monday to Friday 8h30 to 16h30, evening and week-end in case of emergency

**Fees:** \$41 per hour

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** [criccentresud.org](http://criccentresud.org)

**Email:** [info@criccentresud.org](mailto:info@criccentresud.org)

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

## Multicultural organizations

### ASSOCIATION DES FAMILLES DU CENTRE-SUD

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** [www.assofamilles.wordpress.com](http://www.assofamilles.wordpress.com)

**Email:** [info@associationdesfamillescentresud.com](mailto:info@associationdesfamillescentresud.com)

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** criccentresud.org

**Email:** info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## CENTRE AFRIKA

1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3

**514 843-4019 Fax:** 514 849-4232

**Email:** centreafrica@centreafrica.com

**Services:** Integration of African culture into Montréal and Québec realities. \* Welcoming and accompaniment of newcomers of African origin and others. \* Support for the development of initiatives and networks promoting integration and inclusion. \* Activities and events for the creation of fraternal networks. \* Intercultural and interreligions dialogue activities. \* Coffee-meeting. \* Room rental.

**Eligibility:** people of African origin, people interested in knowing more about Africa

**Capacity:** between 30 and 60 people

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 13h30 to 17h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244** Fax: 514 861-9008

**Website:** www.famillechinoise.qc.ca

**Email:** direction@famillechinoise.qc.ca

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**ENSEMBLE FOR THE RESPECT OF DIVERSITY**

2120 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C3

**514 842-4848** Fax: 514 842-7557

**Website:** www.ensemble-rd.com

**Email:** info@ensemble-rd.com

**Services:** Promotion of respect for differences, encouraging dialogue, awareness and prevention of discrimination and bullying among youth. \* Awareness-raising workshops in schools. \* Project Imprint: mobilization program in secondary schools.

**Eligibility:** youth 9 to 18 years old, elementary and high schools, public and private, French and English speaking

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Financing:** federal, provincial, self-financing, donations, municipal

**Legal status:** non-profit organization

**MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** www.assofamilles.wordpress.com

**Email:** info@associationdesfamillescentresud.com

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### MIKANA

Confidential Address

**Website:** [mikana.ca/en](http://mikana.ca/en)

**Email:** [info@mikana.ca](mailto:info@mikana.ca)

**Services:** Raising awareness on the realities and perspectives of Indigenous peoples. \* Workshops and training. \* Program for Indigenous youth to build bridges between Indigenous and non-Indigenous people. \* Partnerships with sectors who wish to make changes in regards to inclusion and respect of Indigenous rights.

**Coverage area:** Montréal Island

**Financing:** grants

**Legal status:** non-profit organization

### MONTREAL CITY MISSION

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

### UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

**819 431-2570**

**Website:** [unionfrancaisedemontreal.org](http://unionfrancaisedemontreal.org)

**Email:** [info@unionfrancaisedemontreal.org](mailto:info@unionfrancaisedemontreal.org)

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: \$25

**Financing:** foundations, donations, provincial, contributions, self-financing, grants

**Legal status:** non-profit organization

## Prevention and fight against racism

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** criccentresud.org

**Email:** info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

### MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale

**Email:** diversitesociale@montreal.ca

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

### NATIVE FRIENDSHIP CENTRE OF MONTREAL

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org



**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

### QUEBEC COMMUNITY GROUPS NETWORK

1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5

**514 868-9044**

**Website:** qcgn.ca

**Email:** info@qcgn.ca

**Services:** Development, support and promotion of community organizations serving English-speaking Quebecers. \* Expertise and mobilization on issues affecting English-speaking Quebecers.

**Eligibility:** organizations sharing the vision and mission of the QCGN

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** federal

**Legal status:** non-profit organization

### SENIORS ACTION QUÉBEC

1857 De Maisonneuve Boulevard West, Suite 307, Ville-Marie, Montréal, QC, H3H 1J9

**514 505-0977**

**Website:** www.seniorsactionquebec.ca

**Email:** info@seniorsactionquebec.ca

**Services:** Promotion of English-speaking seniors' interests. \* Information and referrals. \* Promotion of access to information. \* Promotion and development of seniors' leadership. \* Advocacy. \* Support organizations that work with and on behalf of seniors.

**Eligibility:** English-speaking people 50 years and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: \$20

**Financing:** donations, contributions, federal

**Legal status:** non-profit organization

## Recognition of prior learning and diplomas

### CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS

1259 Berri Street, Suite 900, Ville-Marie, Montréal, QC, H2L 4C7

**514 987-1759**

**Website:** www.citim.org

**Email:** accueil@citim.org

**Services:** Settlement and job search services. \* Pre-departure: pre-arrival services, assistance and information to facilitate integration. \* First steps to settling in: practical advice and resources for settling in upon arrival (housing, SIN, RAMQ, driver's license, daycare, etc.). \* Objective Integration Session: exploration of Québec values, cultural codes and the job market for French-speaking immigrants at intermediate level. \* Intercultural twinning: creation of links between newcomers and members of Québec society to encourage cultural exchange. \* Social activities: online and in person. \* Conferences on immigration processes in Canada and Québec. \* Work in Québec program: comprehensive support for the professional integration of newcomers to the job market. \* Engineering program: specialized program for engineers trained abroad to work in Québec's engineering sector. \* PICBOIS Québec: an information tool for Internationally Trained Professionals (ITPs) on Québec's wood construction industry, career prospects and how to upgrade their skills. \* Job offers in Montréal from partner companies. \* Services for businesses. \* Networking activities with employers. \* English conversation classes to perfect professional English.

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTists, accepted refugee residents, visitors, citizens under 5 in Québec

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** none

**Financing:** grants, provincial

**Legal status:** non-profit organization

## MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## QUALIFICATIONS QUÉBEC

338 Saint-Antoine Street East, Suite 303, Ville-Marie, Montréal, QC, H2Y 1A3

**1 844 737-4757 Fax:** 514 379-6415

**Website:** [qualificationsquebec.com](http://qualificationsquebec.com)

**Email:** [info@qualificationsquebec.com](mailto:info@qualificationsquebec.com)

**Services:** Information on qualifications recognition procedures and referral to corresponding resources. \* Personalized accompaniment and referrals.

**Eligibility:** applicants, employers, counsellors

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY: 1 800 926-9105**

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

**Settlement services for newcomers****ACTION RÉFUGIÉS MONTRÉAL**

1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6

**514 935-7799 Fax: 514 935-9848**

**Website:** [actionr.org](http://actionr.org)

**Email:** [info@actionr.org](mailto:info@actionr.org)

**Services:** Reception, education and advocacy for refugees. \* Information and support. \* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. \* Pairing between refugee women and Montréal women for intercultural bonding. \* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

**Eligibility:** asylum seekers and refugees, potential sponsors

**Capacity:** 140 persons per year

**Coverage area:** sponsoring: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, foundations

**Legal status:** non-profit organization

**AFGHAN WOMEN'S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

## BAR OF THE PROVINCE OF QUÉBEC

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411 Fax:** 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infofbarreau@barreau.qc.ca](mailto:infofbarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception: [www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »: [www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques) \* Urgence avocat (all regions, immigrant, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for information provided by volunteer criminal lawyer. \* Housing phonenumber: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phonenumber: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phonenumber: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

## CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** [criccentresud.org](http://criccentresud.org)

**Email:** [info@criccentresud.org](mailto:info@criccentresud.org)

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 7**

**Website:** [criccentresud.org/projets/femmes-relais](http://criccentresud.org/projets/femmes-relais)

**Email:** [organisatricefr@criccentresud.org](mailto:organisatricefr@criccentresud.org)

**Services:** Professional integration program for immigrant women aiming to train them to support newly arrived immigrant families in their mother tongue. \* Program in three components: accompaniment of immigrant families, socio-professional integration and citizen involvement. \* Training on various topics: intercultural communication, school system functioning, labor standards, community and public resources in the neighbourhood, etc. \* CRIC certificate of training as an agente de liaison communautaire. \* Non-remunerated internship.

**Eligibility:** women of diverse origins who speak French and another language and wish to have work experience

**Capacity:** 12 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Tuesday and Thursday 13h00 to 16h00, from September to June

**Fees:** none, OPUS card refunded every month

**Financing:** Centraide of Greater Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## **CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 113**

**Website:** [criccentresud.org/hommes-relais](http://criccentresud.org/hommes-relais)

**Email:** [hr@criccentresud.org](mailto:hr@criccentresud.org)

**Services:** Training program to become a community liaison officer to help the family, social and professional integration of immigrant men of all status. \* Program divided into three components: helping relationship, socio-professional integration and citizen involvement. \* Training twice a week on various topics: immigration 101, housing rights, job search process, accompaniment for immigrants, levels of governments, etc. \* 4-month social internship, part-time and non-remunerated, including obtaining two certifications.

**Eligibility:** immigrant men of all ages and statuses (permanent and temporary residents, citizens, non-citizens) who speak French (intermediate to advanced level) in addition to another language, and who want to gain work experience while seeking to integrate

**Capacity:** 15 places

**Coverage area:** Montréal

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, trainings: Monday and Wednesday 13h00 to 15h30

**Fees:** none, OPUS card refunded every month

**Financing:** Centraide of Greater Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE AFRIKA**

1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3

**514 843-4019** Fax: 514 849-4232

**Email:** centreafrika@centreafrika.com

**Services:** Integration of African culture into Montréal and Québec realities. \* Welcoming and accompaniment of newcomers of African origin and others. \* Support for the development of initiatives and networks promoting integration and inclusion. \* Activities and events for the creation of fraternal networks. \* Intercultural and interreligions dialogue activities. \* Coffee-meeting. \* Room rental.

**Eligibility:** people of African origin, people interested in knowing more about Africa

**Capacity:** between 30 and 60 people

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 13h30 to 17h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

**CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE**

550 Sherbrooke Street West, 17th floor, Suite 1770, West Tower, Ville-Marie, Montréal, QC, H3A 1B9

**514 286-9595** Fax: 514 286-0406

**Website:** www.cremcv.com

**Email:** cremcv@cremcv.com

**Services:** Job searching club. \* Vocational guidance. \* Cross workshops for job search. \* Specialized workshops for new immigrants. \* Assistance with resume writing and interview simulations. \* Career transition program for health professionals who graduated outside of Canada and the United States.

**Eligibility:** people searching for a job, career transition program: people with a university degree obtained outside Canada and the United States and who have not been allowed to practice

**Coverage area:** Montréal Island, Laval, Career transition program for health professionals who graduated outside of Canada and the United States: Montréal Island, Laval, Montérégie

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE LARTIGUE**

2217 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J5

**514 596-4433**

**Website:** [centre-lartigue.cssdm.gouv.qc.ca/english](http://centre-lartigue.cssdm.gouv.qc.ca/english)

**Email:** [c-lartigue@csdm.qc.ca](mailto:c-lartigue@csdm.qc.ca)

**Services:** Francization classes: full-time, part-time or at distance.

**Eligibility:** immigrant adults

**Capacity:** 585 students

**Coverage area:** Greater Montréal

**Hours:** Monday, Thursday and Friday 8h30 to 16h30, Tuesday and Wednesday 8h30 to 19h00

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE YEE KANG DE MONTRÉAL**

1075 de Bullion Street, Ville-Marie, Montréal, QC, H2X 0A1

**514 875-8988**

**Email:** [yeekangcenter@hotmail.com](mailto:yeekangcenter@hotmail.com)

**Services:** Subsidized housing for autonomous seniors.

**Eligibility:** people 65 years old and over from an Asian community

**Capacity:** 84 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** subsidized rent: 25% of the income plus service fees

**Financing:** provincial

**Legal status:** non-profit organization

**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS**

1259 Berri Street, Suite 900, Ville-Marie, Montréal, QC, H2L 4C7

**514 987-1759**

**Website:** [www.citim.org](http://www.citim.org)

**Email:** [accueil@citim.org](mailto:accueil@citim.org)

**Services:** Settlement and job search services. \* Pre-departure: pre-arrival services, assistance and information to facilitate integration. \* First steps to settling in: practical advice and resources for settling in upon arrival (housing, SIN, RAMQ, driver's license, daycare, etc.). \* Objective Integration Session: exploration of Québec values, cultural codes and the job market for French-speaking immigrants at intermediate level. \* Intercultural twinning: creation of links between newcomers and members of Québec society to encourage cultural exchange. \* Social activities: online and in person. \* Conferences on immigration processes in Canada and Québec. \* Work in Québec program: comprehensive support for the professional integration of newcomers to the job market. \* Engineering program: specialized program for engineers trained abroad to work in Québec's engineering sector. \* PICBOIS Québec: an information tool for Internationally Trained Professionals (ITPs) on Québec's wood construction industry, career prospects and how to upgrade their skills. \* Job offers in Montréal from partner companies. \* Services for businesses. \* Networking activities with employers. \* English conversation classes to perfect professional English.

**Eligibility:** French-speaking immigrants, permanent residents, temporary residents, PVTists, accepted refugee residents, visitors, citizens under 5 in Québec

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** none

**Financing:** grants, provincial

**Legal status:** non-profit organization

## COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

## IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE

1025 St-Jacques Street, Ville-Marie, Montréal, QC, H3C 1G8

**1 888 242-2100 TTY:** 1 888 576-8502

**Website:** [www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

**Services:** Programs aiming to facilitate the arrival of immigrants, to provide protection to refugees and to help newcomers get settled in Canada. \* Processing of immigration, asylum and study permit requests. \* Granting of citizenship. \* Issuing of travel documents and passports to Canadians. \* Promotion of multiculturalism. \* Checking an immigration or citizenship application status online: [www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/application/check-status.html)

**Eligibility:** Canadian citizens, residents, immigrants, refugees and visitors, members of Parliament, lawyers and authorized representatives, educational establishments, Canadian employers

**Coverage area:** Canada



**Hours:** in-person assistance: by appointment only, refugee claims: Monday to Friday 8h00 to 16h00, call centre: Monday to Friday 8h00 to 16h00

**Financing:** federal

**Legal status:** federal government agency

### JURISTES À DOMICILE

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

### LEGAL AID OFFICE - IMMIGRATION LAW - MONTRÉAL

425 Maisonneuve Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 849-5004

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.immigration@ccjm.qc.ca](mailto:baj.immigration@ccjm.qc.ca)

**Services:** Legal aid office in immigration Law. \* Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

**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:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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 website

**Financing:** municipal, provincial

**Legal status:** parapublic organization

### MAINS DU QUARTIER (LES)

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** [lesmainsduquartier.ca](http://lesmainsduquartier.ca)

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

### **MAINS DU QUARTIER (LES) - TAX CLINIC**

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1H3

**514 989-1735**

**Website:** [lesmainsduquartier.ca](http://lesmainsduquartier.ca)

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** Year-round tax clinic.

**Eligibility:** people on a low income, immigrants, self-employed workers, general population

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday from 9h00 to 17h00, tax clinic: Friday 18h30 to 19h30

**Fees:** variable according to income

**Financing:** self-financing ,donations

**Legal status:** non-profit organization

### **MARINERS' HOUSE OF MONTREAL**

200 de la Commune Street West, Ville-Marie, Montréal, QC, H2Y 4B2

**514 849-3234**

**Website:** [www.marinershouse.ca/home](http://www.marinershouse.ca/home)

**Email:** [manager@marinershouse.ca](mailto:manager@marinershouse.ca)

**Services:** Recreational centre for mariners. \* Transportation to and from ships. \* Foreign currency exchange. \* Western Union. \* Religious services on request.

**Eligibility:** mariners

**Capacity:** 162

**Coverage area:** Port of Montréal

**Hours:** Monday to Friday 13h00 to 20h00, Saturday and Sunday 12h00 to 20h00

**Financing:** donations

**Legal status:** non-profit organization

### **MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION**

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L'ÉTRANGER

380 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H2Y 3X7

**514 873-6708** Fax: 514 864-4746

**Website:** [www.international.gouv.qc.ca/en/general/representation-etranger](http://www.international.gouv.qc.ca/en/general/representation-etranger)

**Email:** [renseignements@mri.gouv.qc.ca](mailto:renseignements@mri.gouv.qc.ca)

**Services:** Regroups Quebec's delegations in over ten countries. \* Promotion of Quebec internationally. \* Offers help and information to people wishing to invest, immigrate or study in the province of Québec.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

## MONTRÉAL CITY MISSION

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128** Fax: 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

## MONTRÉAL LGBTQ+ COMMUNITY CENTRE

2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4

**514 528-8424** Fax: 514 528-9708

**Website:** [ccglm.org/en](http://ccglm.org/en)

**Email:** [info@cclgbtqplus.org](mailto:info@cclgbtqplus.org)

**Services:** Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. \* Field of intervention: health and social services, leisure, sports, culture and arts. \* Open book library: sexual diversity and gender identity specialized documentation centre. \* Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources. \* Food baskets distribution by Partage & Solidarité. \* Technical and administrative support to organizations and individuals.

**Eligibility:** gay, lesbian, bisexual, trans, queer or questioning community

**Coverage area:** Greater Montréal

**Hours:** Monday 12h00 to 18h00, Tuesday and Wednesday 14h00 to 18h00, Thursday 14h00 to 20h00

**Fees:** membership: \$35 per individual, \$25 per group

**Financing:** provincial, federal, donations, self-financing

**Legal status:** non-profit organization

## QUALIFICATIONS QUÉBEC

338 Saint-Antoine Street East, Suite 303, Ville-Marie, Montréal, QC, H2Y 1A3

**1 844 737-4757** Fax: 514 379-6415

**Website:** [qualificationsquebec.com](http://qualificationsquebec.com)

**Email:** [info@qualificationsquebec.com](mailto:info@qualificationsquebec.com)

**Services:** Information on qualifications recognition procedures and referral to corresponding resources. \*

Personalized accompaniment and referrals.

**Eligibility:** applicants, employers, counsellors

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8

**1 877 864-9191 TTY:** 1 866 227-5968

**Website:** [www.mifi.gouv.qc.ca/fr/reglementation-consultants](http://www.mifi.gouv.qc.ca/fr/reglementation-consultants)

**Services:** \* Registry of approved immigration consultants in Québec. \* Annual publication of the registry online.

\* Processing of applications for recognition and renewal of the title of consultant.

**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

**Coverage area:** Province of Quebec

**Fees:** consultation of the registry: free, recognition of the title: exam and \$1702, renewal of the title: \$1384

**Financing:** provincial

**Legal status:** provincial government agency

## SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY:** 1 800 926-9105

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office:

[www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder:

[www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \*

Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and

reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special

employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and

students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage

Earned Protection Program. \* State pensions and savings schemes. \* Online information for businesses:

business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to

mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial

programs and services: income support, emergency financial assistance, etc. \* Housing and family life support.

Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family

member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer

services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement

benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income

Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

## THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** [www.therefugeecentre.org](http://www.therefugeecentre.org)

**Email:** [info@therefugeecentre.org](mailto:info@therefugeecentre.org)

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

**819 431-2570**

**Website:** [unionfrancaisedemontreal.org](http://unionfrancaisedemontreal.org)

**Email:** [info@unionfrancaisedemontreal.org](mailto:info@unionfrancaisedemontreal.org)

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: \$25

**Financing:** foundations, donations, provincial, contributions, self-financing, grants

**Legal status:** non-profit organization

## YWCA MONTRÉAL - COMMUNITY SERVICES AND VOLUNTEER ACTION

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 235**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [benevolat@ydesfemmesmtl.org](mailto:benevolat@ydesfemmesmtl.org)

**Services:** \* Reception, counselling and referral. \* Services for new arrivals: help with integration. \* Programming community activities. \* Tax clinic. \* Opportunities to volunteer at the YWCA. \* Directory of offers available online: [click here](#)

**Eligibility:** general public, especially women

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, grants, foundations

**Legal status:** non-profit organization

## **Indigenous Peoples**

**COMMUNITY SUPPORT**

**EMPLOYMENT**

**GOVERNMENT SERVICES**

**HOUSING**

## Community Support

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221** Fax: 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### HEALTH CANADA - FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4

**1 855 242-3310**

**Website:** [www.sac-isc.gc.ca/eng/1576089519527/1576089566478](http://www.sac-isc.gc.ca/eng/1576089519527/1576089566478)

**Services:** Crisis phone line. \* Support and referral. \* Mental health counselling and crisis intervention online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Eligibility:** people from First Nations and Inuit communities

**Coverage area:** Canada

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal

**Legal status:** federal government agency

### INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM

200 René-Lévesque Boulevard West, 2nd floor, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 583-2965**

**Website:** [sac-isc.gc.ca/eng/1581971225188/1581971250953](http://sac-isc.gc.ca/eng/1581971225188/1581971250953)

**Services:** Mental health support for former residential school students. \* Crisis line offering support and referral 24/7. \* Individual or family counselling by professional counsellors. \* Cultural support offered by local indigenous organizations: traditional healing, ceremonies, teachings and dialogue. \* Emotional support by local indigenous organizations at all stages of the Settlement Agreement process. \* Transportation provided for counselling and cultural support when services are not available locally. \* Encountering strong emotional reactions pamphlet, tool to help recognize emotions: <https://www.sac-isc.gc.ca/eng/1657717020412/1657717043797>

**Eligibility:** former Indian Residential School students, their families

**Coverage area:** Canada

**Hours:** crisis line: 24 hours / 7 days

**Financing:** fédéral

**Legal status:** federal government agency

**MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4  
311

**Website:** montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale

**Email:** diversitesociale@montreal.ca

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**PROJETS AUTOCHTONES DU QUÉBEC**

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** paqc.org/en

**Email:** info@paqc.org

**Services:** \* Crisis intervention. \* Warm meals. \* Safe Start Program: holistic support to Indigenous people who just arrived in the city. \* Emergency shelters: separate floors for men and women. \* Transitional housing with help for obtaining social assistance. \* Managed Alcohol Program: house for men. \* Assistance with social reintegration procedures. \* Legal and medical support with external partners. \* Group activities. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday, 9h00 to 17h00, shelter: 7 days, 17h00 to 8h30

**Fees:** none



**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## Employment

### CENTRE DE SOIR DENISE-MASSÉ

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax:** 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax:** 514 849-2411

**Website:** [ymcaquebec.org/en](http://ymcaquebec.org/en)

**Email:** [laboussole@ymcaquebec.org](mailto:laboussole@ymcaquebec.org)

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

### DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS

204 du Saint-sacrement Street, Suite 300, Ville-Marie, Montréal, QC, H2Y 1W8

**514 648-5858**

**Website:** [www.fqjc.org/fr](http://www.fqjc.org/fr)

**Email:** [infos@fqjc.org](mailto:infos@fqjc.org)

**Services:** \* Support for social reintegration. \* Scholarships. \* Internships in companies. \* Support for group life. \* Intervention towards young drug users.

**Eligibility:** young offenders

**Coverage area:** Province of Québec

**Hours:** 9h00 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## GROUPE INFORMATION TRAVAIL

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651 Fax: 514 526-1655**

**Website:** [www.groupeinfotrabail.ca](http://www.groupeinfotrabail.ca)

**Email:** [git@groupeinfotrabail.ca](mailto:git@groupeinfotrabail.ca)

**Services:** Support for people suffering from social and professional exclusion.\* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## MAGAZINE L'ITINÉRAIRE

2103 Sainte-Catherine Street East, 3rd floor, Ville-Marie, Montréal, QC, H2K 2H9

**514 597-0238 Fax: 514 597-1544**

**Website:** [www.itineraire.ca](http://www.itineraire.ca)

**Email:** [courrier@itineraire.ca](mailto:courrier@itineraire.ca)

**Services:** Street school-magazine with most of the editorial team and vendors coming from homeless communities.

**Eligibility:** vendors and people involved in integration programs

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** magazine: 3\$ per copy

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854** Fax: 514 499-9436

**Website:** www.nfcm.org/en

**Email:** info@nfcm.org

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**OLD BREWERY MISSION**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 866-6591 ext. 0** Fax: 514 866-5134

**Website:** www.missionoldbrewery.ca/en

**Email:** info@missionoldbrewery.ca

**Services:** Group of pavilions offering shelter, housing, clothing and meals. \* Job search assistance. \* Community service opportunity. \* Specialized services for homeless adults. \* Mental health pavilion. \* Job search terminal. \* Recovery of food donations on site. \* Shuttle service for homeless people to services and shelters in cold weather. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Bonhomme à lunettes service point at the Webster Pavillion (915 Clark Street, Montréal).

**Eligibility:** people experiencing homelessness

**Coverage area:** Greater Montréal

## Indigenous Peoples

**Hours:** administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

**Financing:** donations

**Legal status:** non-profit organization

**ROUNDHOUSE (THE)**

2330 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1N2

**514 872-9465**

**Website:** [www.itineraire.ca/programme-maison-ronde/](http://www.itineraire.ca/programme-maison-ronde/)

**Email:** [marilou.maisonneuve@itineraire.ca](mailto:marilou.maisonneuve@itineraire.ca)

**Services:** Accompaniment of Indigenous people 18 and over living in social and economic vulnerability towards complete citizenship. \* Roundhouse program: alternative daily-paid program and 24-week employment program. \* Food assistance: distribution of coffee and free meals, solidarity meal cards and food baskets. \* Roundhouse Café.

**Eligibility:** Indigenous people 18 years and over living in social and economic precarity (homelessness, poverty, social isolation and exclusion, difficulty in accessing the job market, addiction, mental health, etc.)

**Capacity:** 4

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 15h00

**Fees:** none

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**SAC À DOS - ACTION-RÉINSERTION (LE)**

222 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L1

**514 393-8868 Fax: 514 393-9848**

**Website:** [lesacados.org](http://lesacados.org)

**Email:** [info@lesacados.org](mailto:info@lesacados.org)

**Services:** Open and inclusive space that supports people who are homeless or at risk of becoming homeless. \* Storage: locker and secure drawer for personal belongings. \* Postal service: correspondence, reception of welfare cheques. \* Employment assistance. \* Employment integration programs and workshops. \* Day center: laundry, phone line, shower, coffee, soup and meals for participants. \* Permanent studios with community support. \* Programme la Brigade verte: a cleanliness squad that travels around downtown Montreal to clean up the neighbourhood.

**Eligibility:** homeless men and women aged 18 years and over, employment assistance: users who have a postal box

**Capacity:** 140 lockers, 32 secure drawers, 2000 postal boxes

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 7h00 to 14h00, Wednesday 7h00 to 12h00

**Fees:** locker: \$10 per month, secure drawer: \$5 per month, laundry: \$2

**Financing:** self-financing, provincial, municipal, federal, foundations

**Legal status:** non-profit organization

**SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL**

533 Ontario Street East, Suite 200, Ville-Marie, Montréal, QC, H2L 1N8

**514 312-7344**

**Website:** [sds.social](http://sds.social)

**Email:** [info@courtier.social](mailto:info@courtier.social)

**Services:** Intermediary between the business world and the community to help companies and institutions achieve their social engagement in projects related to homelessness and social exclusion. \* Mandatee of the Équipe municipale mobile d'intervention sociale (ÉMMIS) program: a 24/7 non-emergency intervention team in the public space to resolve cohabitation issues, reduce the need for police intervention and strengthen the sense of security in the community. \* Brigades de médiation sociale de quartier. \* Participation in the Équipe métro d'intervention et de concertation (ÉMIC) program, in partnership with the SPVM and STM: psychosocial support for people experiencing homelessness in the Montréal metro. \* Online job platform enabling a direct link between companies, rehabilitation programs and candidates looking for employment opportunities: [www.destinationemploi.ca](http://www.destinationemploi.ca)

**Eligibility:** shelters and other non-profit organizations helping people who are homeless or in precarious situations (variable hiring criteria depending on the needs of the companies) citizens, business owners, institutions

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, municipal, foundations

**Legal status:** non-profit organization

## SPECTRE DE RUE

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700 Fax:** 514 528-1532

**Website:** [www.spectrederue.org](http://www.spectrederue.org)

**Email:** [administration@spectrederue.org](mailto:administration@spectrederue.org)

**Services:** Prevention and reduction of sexually transmitted and blood borne infections (STD). \* Prevention, referral, awareness and education. \* Overdose prevention. \* Needle exchange. \* Distribution of prevention materials. \* Naloxone distribution. \* Distribution and delivery of fentanyl test strips. \* Socialization and social reintegration support. \* Outreach and community workers. \* TAPAJ (alternative work paid daily). \* Fixed site where psychosocial counsellors are available. \* Telemedecine in partnership with the CHUM. \* Access to nurses for screening and care. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Tax clinic for people who attend the organization's services.

**Eligibility:** marginalized people dealing with issues of substance abuse, homelessness, mental health, STIs, sex work, TAPAJ: youth 16 to 30 years old

**Coverage area:** Centre-Sud, Downtown

**Hours:** Monday to Sunday 7h00 to 19h00

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## Government services

### COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax:** 1 855 722-8081

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)

**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA

Complexe Guy-Favreau, 200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**Website:** [www.canada.ca/en/employment-social-development.html](http://www.canada.ca/en/employment-social-development.html)

**Services:** Assumes governmental responsibilities relative to employment, income security and social development. \* Management of federal jurisdiction social programs, namely Old Age Security. \* Job bank. \* Work field regulation.

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** federal government agency

## INDEMNISATION DES VICTIMES D'ACTES CRIMINELS

1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1

**1 800 561-4822 Fax:** 514 906-3029

**Website:** [www.ivac.qc.ca/en](http://www.ivac.qc.ca/en)

**Services:** Compensation for victims of crime and their rescuers. \* Medical assistance: hospital care, medication, prosthesis, etc. \* Compensation for temporary and permanent total disability. \* Compensation and psychotherapeutic rehabilitation service in case of death. \* Replacement of clothing, glasses, and payment for breakage of property. \* Financial assistance to help meet the needs of a child born as a result of sexual assault. \* Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, at-home assistance, etc. \* Online qualification application form for people 14 years and over victims of crime: [www.ivac.qc.ca/en/Documents/F\\_255\\_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf](http://www.ivac.qc.ca/en/Documents/F_255_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf) \* Online qualification application form for minor and incapable people of full age victims of crime: [www.ivac.qc.ca/en/Documents/F\\_254\\_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf](http://www.ivac.qc.ca/en/Documents/F_254_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf)

**Eligibility:** victims of crime, their rescuers

**Coverage area:** Province of Québec

**Hours:** Offices: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, telephone services: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30

**Financing:** federal, provincial

**Legal status:** parapublic organization

## MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION

Confidential Address

**1 877 864-9191 TTY:** 514 864-8158

**Website:** [www.quebec.ca/gouvernement/ministere/immigration](http://www.quebec.ca/gouvernement/ministere/immigration)

**Services:** Assumes governmental responsibilities relative to immigration, newcomers integration and intercultural rapprochement. \* Selection of immigration candidates. \* Certificat de sélection du Québec (CSQ). \* Certificat d'acceptation du Québec (CAQ). \* Financial assistance program for the linguistic integration of immigrants. \* Referrals to welcoming, information and socioeconomic integration services and French classes for immigrants. \* Processing of requests for comparative evaluation of education qualifications. \* Support to the participation of all citizens in community life. \* Full-time, part-time, online or specialized French courses: [www.quebec.ca/en/education/learn-french](http://www.quebec.ca/en/education/learn-french)

**Eligibility:** immigrants, asylum seekers, temporary residents and Quebecers in need of information

**Coverage area:** Province of Quebec

**Hours:** Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 10h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MINISTÈRE DU REVENU DU QUÉBEC

150 Sainte-Catherine Street West, North Tower, basilare 1, Ville-Marie, Montréal, QC, H2X 3Y2

**514 864-6299** TTY: 1 800 361-3795

**Website:** [www.revenuquebec.ca/en](http://www.revenuquebec.ca/en)

**Services:** Ensures perception of income and sale taxes to finance public services. \* Management of the Programme de perceptions des pensions alimentaires and all the other perception and redistribution programs. \* Management and liquidation of unclaimed goods. \* Register of businesses and moral persons in activity in the province. \* Advises the government on fiscal policy. \* Are You Required to File an Income Tax Return: [www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return](http://www.revenuquebec.ca/en/citizens/your-situation/tax-benefits-for-students/are-you-required-to-file-an-income-tax-return) \* Conferences on rights and obligations under the Québec tax system: [www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec](http://www.revenuquebec.ca/en/one-mission-concrete-actions/helping-you-meet-your-obligations/presentations-by-revenu-quebec)

**Coverage area:** Province of Québec

**Hours:** in person: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## NON-INSURED HEALTH BENEFITS

200 René-Lévesque Boulevard West, Suite 202, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 483-1575** Fax: 514 283-7762

**Website:** [www.sac-isc.gc.ca/eng/1576790320164/1576790364553](http://www.sac-isc.gc.ca/eng/1576790320164/1576790364553)

**Services:** Coverage for a range of health benefits for eligible First Nations and Inuit clients who are not covered by social programs, private insurance plans or provincial or territorial health insurance plans. \* Vision care. \* Dental care. \* Mental health counselling. \* Medical equipment and supplies. \* Prescription drugs and certain over-the-counter products. \* Medical transportation not available on reserve or in community of residence. \* Reimbursement process: [www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206](http://www.nihb-ssna.express-scripts.ca/en/0205140506092019/12/1206) \* How to appeal a decision: [www.sac-isc.gc.ca/eng/1579792696583/1579792732972](http://www.sac-isc.gc.ca/eng/1579792696583/1579792732972)

**Eligibility:** First Nations, Inuit

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** federal

**Legal status:** federal government agency

## REVENU QUÉBEC - MONTRÉAL CENTRE

150 Sainte-Catherine Street West, North Tower, basilare 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 800 267-6299** TTY: 514 873-4455

**Website:** [www.revenuquebec.ca/en](http://www.revenuquebec.ca/en)

**Services:** \* Administration of Québec's tax system through the collection of income tax and consumption taxes. \* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, Registraire des Entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY:** 1 800 926-9105

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### **SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D'ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS**

287 Notre-Dame Street West, Ville-Marie, Montréal, QC, H2Y 1T8

**514 872-8838 Fax:** 514 872-0728

**Website:** [www.localisateur.servicesquebec.gouv.qc.ca/en](http://www.localisateur.servicesquebec.gouv.qc.ca/en)

**Services:** \* Help with administrative steps. \* Self-service computer stations. \* Information about government programs and services. \* Administration-of-oath services. \* Social solidarity services.

**Eligibility:** asylum seekers, sponsored immigrants on or awaiting welfare and their sponsors

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **TRIBUNAL ADMINISTRATIF DU TRAVAIL**

500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 361-9593**

**Website:** [www.tat.gouv.qc.ca/menu-utilitaire/english-content](http://www.tat.gouv.qc.ca/menu-utilitaire/english-content)

**Email:** [communications@tat.gouv.qc.ca](mailto:communications@tat.gouv.qc.ca)

**Services:** Ruling instance for disputes related to over forty laws in the work field. \* Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 à 16h30



**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Housing

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 1

169 de la Gauchetière East Street, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** [www.paqc.org/en/shelter](http://www.paqc.org/en/shelter)

**Email:** [sheltercaseworker@paqc.org](mailto:sheltercaseworker@paqc.org)

**Services:** High-threshold emergency shelter. \* Separate floors for men and women. \* Psychosocial support services.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 34 beds for men, 18 beds for women

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 2

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** [www.paqc.org/en/shelter](http://www.paqc.org/en/shelter)

**Email:** [sheltercoordinatorPAQ2.Intervention2@paqc.org](mailto:sheltercoordinatorPAQ2.Intervention2@paqc.org)

**Services:** Low-threshold emergency shelter. \* Separate floors for men and women. \* Psychosocial support services.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 24 beds for men, 17 beds for women, 16 beds for couples

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## PROJETS AUTOCHTONES DU QUÉBEC - TRANSITIONAL HOUSING

Confidential Address

**514 879-3310**

**Website:** [www.paqc.org/en/transition-rooms](http://www.paqc.org/en/transition-rooms)

**Email:** [thomas.addison@paqc.org](mailto:thomas.addison@paqc.org)

**Services:** Transition rooms for a 3 month to 3 year period. \* Personalized intervention plan. \* Help in obtaining social assistance. \* Life skills and self-esteem program. \* Tax clinic for community members.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Capacity:** 9 apartments for men, 6 apartments for women, 1 apartment for an individual with a disability

**Coverage area:** Montréal Island

**Hours:** 7 days, 17h00 to 8h00

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## REFUGE MITSHUAP MONTRÉAL

2154 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1M7

**438 466-2325**

**Email:** [mitshuapmontreal@gmail.com](mailto:mitshuapmontreal@gmail.com)

**Services:** Shelter by and for indigenous people. \* Emergency shelter. \* Rest chairs. \* Meals. \* Presence of an intervention team.

**Eligibility:** people experiencing homelessness, priority to Indigenous people

**Capacity:** 45 beds, 6 rest chairs

**Coverage area:** Montréal Island

**Hours:** 7 days, 19h30 to 7h30

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

## TEMPORARY SHELTER - HÔTEL DES ARTS

2060 Saint-Dominique Street, Ville-Marie, Montréal, QC, H2X 2X1

**514 879-3310**

**Website:** [montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983](http://montreal.ca/articles/ressource-dhebergement-durgence-temporaire-lhotel-des-arts-27983)

**Email:** [info@paqc.org](mailto:info@paqc.org)

**Services:** Emergency shelter with high accessibility threshold for homeless indigenous people. \* Layout allowing the admission of people with reduced mobility, couples and intoxicated people. \* Bathrooms and showers. \* Air-conditioned.

**Eligibility:** indigenous people over 18 years old

**Capacity:** 60 places

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, municipal

**Legal status:** parapublic organization

## **Justice and Advocacy**

**ADVOCACY GROUPS**

**CONSUMER PROTECTION AND COMPLAINTS**

**CORRECTIONAL SERVICES**

**COURTHOUSES AND TRIBUNALS**

**LEGAL ASSISTANCE AND INFORMATION**

**PROFESSIONAL ORDERS AND ASSOCIATIONS**

**SUPPORT FOR OFFENDERS**

## Advocacy groups

### ACTION FEMMES ET HANDICAP

1355 René-Lévesque Boulevard West, Suite 2, Ville-Marie, Montréal, QC, H3G 1T3

**514 861-6903** Fax: 514 866-4866

**Website:** afhm.org

**Email:** admin@afhm.org

**Services:** \* Promotion and defense of rights and interests. \* Discussion forum, support and mutual aid group. \* Collective actions. \* Popular education workshops. \* Information and referral.

**Eligibility:** women living with a disability

**Coverage area:** Montréal Island

**Fees:** annual membership: \$10

**Financing:** grants, donations

**Legal status:** non-profit organization

### ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7

**514 847-0067 ext. 207** Fax: 514 847-0601

**Website:** cactusmontreal.org/soutien-aux-personnes-trans

**Email:** astteqcoordination@cactusmontreal.org

**Services:** \* Peer support and accompaniment to appointments at clinics, hospitals, legal offices, court dates and social services. \* Assistance in accessing information regarding legal issues and procedures, such as criminal and penal charges, criminal records, arrest warrants, conditions before court appearances, legal aid, trans-affirmative legal representation. \* Assistance in applying for a change of name and sex designation, refugee status, permanent residency, citizenship, work permits, record suspensions, and compensatory community service work. \* Assistance in understand and evaluating legal risks related to criminalization. \* Monthly community dinner, monthly drop-ins, periodic cultural and educational activities and skill-sharing workshops. \* Referral to trans-affirmative health care (hormone therapy, HIV treatment, and sexual health). \* Distribution of harm reduction supplies (syringes, needles, pipes, filters, kit sniff, filters, condoms and lube), recovery of harm reduction material, distribution of sharps containers, distribution of hormone therapy injection materials, distribution of fentanyl testing kits and distribution of naloxone kits. \* Street and outreach work to trans sex workers' homes, workplaces and community spaces. \* Visit to community members after surgeries or in long-term care homes. \* Substance analysis service, offered by Checkpoint/Cactus.

**Eligibility:** transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

**Coverage area:** Province of Québec

**Hours:** office: variable hours, community dinner: last Monday of the month

**Fees:** none

**Financing:** municipal, federal, donations

**Legal status:** non-profit organization

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** aideauxtrans.com/fr

**Email:** info@aideauxtrans.com

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### **AMNESTY INTERNATIONAL - FRENCH CANADIAN SECTION**

50 Sainte-Catherine Street West, Suite 500, Ville-Marie, Montréal, QC, H2X 3V4

**1 800 565-9766 Fax:** 514 766-2088

**Website:** www.amnistie.ca

**Email:** info@amnistie.ca

**Services:** Awareness and fight against basic human rights' violations in the world. \* Participation in the release of prisoners of conscience, abolition of torture and death penalty and ending human rights' violations, mainly through letters to institutions of the concerned countries. \* Volunteer opportunities.

**Eligibility:** local groups and academic groups organizations, thematic networks, general public

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **ASSOCIATION DES FAMILLES DU CENTRE-SUD**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** www.assofamilles.wordpress.com

**Email:** info@associationdesfamillescentresud.com

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP**

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845 Fax:** 514 937-5548

**Website:** adpbc.org/en

**Email:** curabec@outlook.com

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

**Email:** [info@carrefoursolidaire.org](mailto:info@carrefoursolidaire.org)

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

**CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES**

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901 Fax:** 514 524-2183

**Website:** [ceaf-montreal.qc.ca](http://ceaf-montreal.qc.ca)

**Email:** [info@ceaf-montreal.qc.ca](mailto:info@ceaf-montreal.qc.ca)

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

**CLINIQUE DROITS DEVANT**

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

**514 603-0265 Fax:** 514 303-2313

**Website:** [www.cliniquedroitsdevant.org/index.php/en/home](http://www.cliniquedroitsdevant.org/index.php/en/home)

**Email:** [intervention@cliniquedroitsdevant.org](mailto:intervention@cliniquedroitsdevant.org)

**Services:** \* Information regarding fines (legal proceeding), referrals. \* Assistance with accessing court records and with writing up complaints against police abuse. \* Accompaniment to the municipal court and the Palais de justice de Montréal. \* Training for counsellors. \* Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** drop-in reception on Mondays 9h00 to 12h00 and 13h00 to 16h00 and Tuesdays 13h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)**

2085 Parthenais Street, Ville-Marie, Montréal, QC, H2K 3T1

**1 800 465-4622 Fax:** 514 934-2131

**Website:** [www.inca.ca/en?region=qc](http://www.inca.ca/en?region=qc)

**Email:** quebec@cnib.ca

**Services:** \* Information and guidance. \* Employability program. \* Psychosocial support: support groups for clients and caregivers, distance peer groups. \* Online and distance computer training using screen magnifying software and screen reader. \* Library with adapted books and resources. \* Advocacy support. \* Promotion of visual health. \* Adapted products store. \* Funds for guide dogs.

**Eligibility:** people who are blind or visually-impaired

**Capacity:** support and peer groups: about 5 to 6 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day schedule for support and peer groups, in the evening for teenagers

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

**COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ**

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 288-7122**

**Website:** [www.comaco.qc.ca](http://www.comaco.qc.ca)

**Email:** [reseau@comaco.qc.ca](mailto:reseau@comaco.qc.ca)

**Services:** \* Grouping, representation and advocacy to promote seniors' continued implication in the community. \* Facilitation of the contestation, discussions and dissemination of information between the members and community players.

**Eligibility:** community organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM**

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** [cspeuqam.com](http://cspeuqam.com)

**Email:** [info@cspeuqam.ca](mailto:info@cspeuqam.ca)

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \* Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL**

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-5992**

**Website:** [clvm.org](http://clvm.org)

**Email:** [info@clvm.org](mailto:info@clvm.org)

**Services:** Grouping and advocacy for tenants rights. \* Information sessions on the right to housing. \* Promotion and development of social housing (HLM, co-ops and NPOs). \* Moral support to tenants.

**Eligibility:** tenants

**Coverage area:** Ville-Marie

**Hours:** reception: Tuesday to Thursday 13h30 to 16h30

**Fees:** none

**Financing:** grants, dons

**Legal status:** non-profit organization

### **COMMISSAIRE AUX PERSONNES EN SITUATION D'ITINÉRANCE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** [montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/unites/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [serge.lareault@montreal.ca](mailto:serge.lareault@montreal.ca)

**Services:** Provides support to the interests and the development of services for homeless or at risk of becoming homeless people. \* Creation of communication and consultation mechanisms to learn about and better express the reality and needs of homeless people. \* Development and outreach work on homelessness issues and best support practices. \* Municipal administration, partners and citizens' awareness. \* Encourages concerted action between partners for the development of adapted services. \* Contribution to the development of a global vision and a municipal support plan. \* Offers support to the municipal administration for the establishment of practices and public policies in favor of inclusion and citizenship.

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

### **COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE**

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### **COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND**

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax:** 1 855 722-8081

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)



**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

### CONFEDERATION OF NATIONAL TRADE UNIONS

1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5

**1 800 947-6177**

**Website:** [www.csn.qc.ca/en/](http://www.csn.qc.ca/en/)

**Email:** [sesyndiquer@csn.qc.ca](mailto:sesyndiquer@csn.qc.ca)

**Services:** Support to affiliated organizations and advocacy of their economic, social and political rights and interests. \* Advice on work relations, unionizing, human resources, negotiation, public relations and administration. \* Legal services. \* Support to mobilization initiatives and regional life. \* Union management tools: software, web platform.\* Training in union life, labour relations, health and safety, and unionism and society.

**Eligibility:** workers, federations, central councils, unions

**Coverage area:** Province of Québec

**Hours:** Monday 7h00 to 18h00, Tuesday to Friday 7h00 to 00h00

**Financing:** membership fees

**Legal status:** non-profit organization

### CONSEIL INTERPROFESSIONNEL DU QUÉBEC

550 Sherbrooke Street West, West tower, Suite 2050, Ville-Marie, Montréal, QC, H3A 1B9

**514 288-3574 Fax: 514 288-3580**

**Website:** [www.professions-quebec.org](http://www.professions-quebec.org)

**Email:** [info@professions-quebec.org](mailto:info@professions-quebec.org)

**Services:** Association of professional orders. \* Representation and networking among professional orders. \* Training and reflection activities. \* Information and referral for the public. \* Advisory body to the governments. \* List of professional orders: [www.professions-quebec.org/fr/liste-des-ordres-professionnels](http://www.professions-quebec.org/fr/liste-des-ordres-professionnels)\* Room rentals.

**Eligibility:** professional orders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** variable

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### CONSEIL QUÉBÉCOIS LGBT

Confidential Address

**514 759-6844**

**Website:** [conseil-lgbt.ca](http://conseil-lgbt.ca)

**Email:** [info@conseil-lgbt.ca](mailto:info@conseil-lgbt.ca)

**Services:** \* Consultation and representation to decision-making authorities. \* Advocacy of rights and freedoms. \* Activism, awareness and training. \* Inventory of training and awareness workshops on LGBTQ+ issues in Québec: [inclusion-lgbtq2.ca/en](http://inclusion-lgbtq2.ca/en)  
**Eligibility:** lesbian, gay, bisexual, and trans people and organizations, people victims of homophobia, discrimination based on sexual orientation or gender identity  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Fees:** none  
**Financing:** provincial, federal, grants  
**Legal status:** non-profit organization

### CONSEIL RÉGIONAL DE L'ENVIRONNEMENT - MONTRÉAL

50 Sainte-Catherine Street West, Suite 300, Ville-Marie, Montréal, QC, H2X 3V4

**514 842-2890**

**Website:** [cremtl.org](http://cremtl.org)

**Email:** [info@cremtl.org](mailto:info@cremtl.org)

**Services:** Protection of the environment, action and promotion of sustainable development. \* Themes and issues: green spaces, natural areas, waste, transport, water and air, sustainable development, land use and climate change.

**Eligibility:** organizations, private or public companies, citizens

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions, donations

**Legal status:** non-profit organization

### ÉCO-QUARTIER VILLE-MARIE DE PETER-MCGILL

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

**Website:** [ecoquartierpetermcgill.org/en](http://ecoquartierpetermcgill.org/en)

**Email:** [direction@saesem.org](mailto:direction@saesem.org)

**Services:** To contribute to the improvement of the quality of the living environment for the Peter-McGill community, through awareness and mobilization actions with individuals, organizations and institutions. \* Action and promotion about 3R: reduction at source, reusing, recycling and recovery. \* Cleaning and embellishment. \* Beautification and urban agriculture. \* Promotion of environmental citizen action. \* Information about waste collections. \* Workshops and awareness tools. \* Community composting. \* Grant for the purchase of reusable diapers.

**Eligibility:** neighbourhood residents

**Coverage area:** Peter-McGill district

**Hours:** Monday and Tuesday 10h00 to 18h00, Wednesday and Thursday 10h30 to 17h30

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### ÉCO-QUARTIER VILLE-MARIE DE SAINTE-MARIE ET DE SAINT-JACQUES

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [www.sem-montreal.org/](http://www.sem-montreal.org/)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** \* Environmental workshops: 3RV, zero waste, food waste, ecological gardening, urban agriculture, biodiversity, etc. \* Community composting (registration required). \* Greening and urban agriculture: flower distribution, green alleys, citizen projects, etc. \* Waste management information. \* Processing requests for recycling and organics bins. \* Drop-off point for Second Life and Boco Boco baskets. \* Drop-off point for batteries, ink cartridges, writing instruments. \* Organization of clean-up activities. \* Handling of dumping complaints. \* Green alley development.

**Eligibility:** citizens, companies and organizations

**Coverage area:** Saint-Jacques district: from Sherbrooke Street to Saint-Laurent River, from Champlain Street to Robert-Bourassa Street

**Hours:** Monday to Wednesday 9h30 to 12h00 and 12h30 to 17h30, Thursday 11h30 to 19h00

**Fees:** variable

**Financing:** grants, municipal

**Legal status:** non-profit organization

## ÉQUIJUSTICE

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

**1 877 204-0250 Fax:** 514 522-5191

**Website:** [equijustice.ca/en](http://equijustice.ca/en)

**Email:** [info@equijustice.ca](mailto:info@equijustice.ca)

**Services:** Promotion of fair and accessible justice for all. \* Restorative justice, criminal mediation, citizen mediation, social mediation, specialized mediation. \* Mediation training. \* Parenthèse project at the Montréal courthouse: accompaniment and support for people considering a request for involuntary hospitalization. \*

Online members' directory: [equijustice.ca/en/find-an-equijustice](http://equijustice.ca/en/find-an-equijustice)

**Eligibility:** adults, families and teenagers, victims, offenders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

## ÉQUITERRE

50 Sainte-Catherine Street West, Suite 340, Ville-Marie, Montréal, QC, H2X 3V4

**1 877 272-6656 Fax:** 514 522-1227

**Website:** [www.equiterre.org/en](http://www.equiterre.org/en)

**Email:** [info@equiterre.org](mailto:info@equiterre.org)

**Services:** \* Awareness, education, and tips on mobility, agriculture, food, and consumption. \* Pairing of consumers with organic farms. \* Referrals for the purchase of fair trade products. \* Conferences.

**Eligibility:** citizens, organizations, governments

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** variable

**Financing:** federal, provincial, donations, foundations, self-financing, fundraising campaigns

**Legal status:** non-profit organization

## FEDERATION OF QUEBEC ALZHEIMER SOCIETIES

460 Sainte-Catherine Street West, Suite 507, Ville-Marie, Montréal, QC, H3B 1A7

**1 844 320-9722**

**Website:** [alzheimer.ca/federationquebecoise/en](http://alzheimer.ca/federationquebecoise/en)

**Email:** [info@alzheimerquebec.ca](mailto:info@alzheimerquebec.ca)

**Services:** \* Advocacy and awareness. \* Public information and training of health care professionals. \* Support, counselling workshops, follow-up. \* Housing support. \* Respite and stimulation. \* First Link: help by phone. \* Provincial research funds.

**Eligibility:** people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** membership fees, donations, grants

**Legal status:** non-profit organization

**FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC**

1255 Robert-Bourassa Boulevard, Suite 608, Ville-Marie, Montréal, QC, H3B 3V9

**514 522-6142**

**Website:** [www.fpqj.org/fr](http://www.fpqj.org/fr)

**Email:** [info@fpjq.org](mailto:info@fpjq.org)

**Services:** Representation and defence of the professional interests of journalists. \* Advocacy for press liberty and public's right to honest and complete information. \* Professional and ethical guidance. \* Directory of members: [www.fpqj.org/repertoire-des-membres](http://www.fpqj.org/repertoire-des-membres)

**Coverage area:** Province of Québec

**Fees:** variable

**Financing:** membership fees, federal

**Legal status:** non-profit organization

**FRONT D'ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN**

1431 Fullum Street, Suite 201, Ville-Marie, Montréal, QC, H2K 0B5

**514 522-1010 Fax:** 514 527-3403

**Website:** [www.frapru.qc.ca](http://www.frapru.qc.ca)

**Email:** [frapru@frapru.qc.ca](mailto:frapru@frapru.qc.ca)

**Services:** Group of organizations that intervenes with its own members, and especially with governments, to promote the right to housing and more specifically, social housing. \* Defense of collective and individual rights related to housing issues: planning, social housing, housing conditions. \* Fight against poverty and promotion of social rights.

**Eligibility:** housing rights associations and advocacy groups

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** grants, contributions, donations

**Legal status:** non-profit organization

**INTERLIGNE**

Confidential Address

**514 866-0103**

**Website:** [interligne.co/en](http://interligne.co/en)

**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

**INTERLOGE**

1503 La Fontaine Street, Ville-Marie, Montréal, QC, H2L 1T7

**514 522-2107 Fax:** 514 522-7070

**Website:** [interloge.org](http://interloge.org)

**Email:** [info@interloge.org](mailto:info@interloge.org)

**Services:** Affordable housing. \* Development of affordable housing projects. \* Contribution to neighbourhoods' socioeconomic revitalization. \* Rental of affordable housing.

**Eligibility:** households on a low or modest income  
**Capacity:** 925 housing units  
**Coverage area:** Montréal Island, Laval, Laurentians, Montérégie  
**Hours:** Monday to Friday 9h00 to 17h00, by appointment  
**Financing:** self-financing, federal, provincial, municipal  
**Legal status:** non-profit organization

### INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES

209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2  
**514 316-6445 ext. 100**  
**Website:** [www.egides.org](http://www.egides.org)  
**Email:** [info@egides.org](mailto:info@egides.org)

**Services:** Advocacy for the rights of the LGBTQI community worldwide. \* Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. \* Financial and material support to organizations.

**Eligibility:** lesbian, gay, bisexual, transexual, queer and intersex community, organizations  
**Coverage area:** Canada  
**Hours:** by appointment only  
**Financing:** donations, membership fees  
**Legal status:** non-profit organization

### JURITRANS - TRANS ID CLINIC

1572 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4  
**Website:** [juritrans.ca/qc/en](http://juritrans.ca/qc/en)  
**Email:** [celeste@juritrans.ca](mailto:celeste@juritrans.ca)

**Services:** Mobile drop-in clinic providing easy access to name and gender marker change procedures. \* Help with name and sex change applications: legal information, commissioner of oaths. \* Delivery of documents. \* Tools available to users: forms and photocopier.

**Eligibility:** trans people  
**Coverage area:** Province of Québec  
**Hours:** variable, check the website  
**Fees:** voluntary contribution  
**Financing:** donations  
**Legal status:** non-profit organization

### MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4  
**311**  
**Website:** [montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale)  
**Email:** [diversitesociale@montreal.ca](mailto:diversitesociale@montreal.ca)

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults  
**Coverage area:** Montréal  
**Financing:** municipal  
**Legal status:** municipal agency

**MOUVEMENT D'ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES**

82 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 1X3

**514 286-1155** Fax: 514 286-1154

**Website:** medac.qc.ca

**Email:** admin@medac.qc.ca

**Services:** Space for exchange, information and advocacy. \* Education: training in halls or on the Internet, pamphlets. \* Advocacy of rights: activities, class actions.

**Eligibility:** shareholders, savers, investors, financial products buyers, Québec and Canadian companies

**Coverage area:** Canada

**Fees:** membership: \$75 on first year, renewal: \$45, \$125 for 3 years

**Financing:** self-financing, donations, contributions

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS CANADA - QUÉBEC DIVISION**

1981 McGill College Avenue, 2nd Floor, Office 200, Locker 135, Ville-Marie, Montréal, QC, H3A 2Y1

**1 800 268-7582** Fax: 514 849-8914

**Website:** mssociety.ca

**Email:** info.qc@mssociety.ca

**Services:** \* Information and education concerning the different aspects of multiple sclerosis. \* Referral to services that can improve living conditions. \* Advocacy support. \* Promotion and medical research funding. \* Creation of local sections in most regions of Québec. \* Phone listening. \* Leisure activities. \* Educational and training sessions for health professionals and volunteers.

**Eligibility:** people with multiple sclerosis, their family, caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, support and information: Monday to Friday 8h00 to 20h00

**Fees:** variable

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTRÉAL SECTION**

1981 McGill College Avenue, Suite 200, Ville-Marie, Montréal, QC, H3A 2Y1

**514 225-9575**

**Website:** mscanada.ca/ms-canada-montréal

**Email:** info.montreal@spscanada.ca

**Services:** \* Information on the different aspects of the illness. \* Educational and training sessions for health professionals and volunteers. \* Referral to services that can improve living conditions. \* Support in the assertion of rights. \* Promotion and funding of research. \* Phone listening service. \* Support groups. \* Leisure activities.

**Eligibility:** patients with multiple sclerosis, their families, friends with multiple sclerosis

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

**Fees:** activities: free or at low cost

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** [www.nfcm.org/en](http://www.nfcm.org/en)

**Email:** [info@nfcm.org](mailto:info@nfcm.org)

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

### **OPTION CONSOMMATEURS**

507 Place d'Armes, Suite 1101, Ville-Marie, Montréal, QC, H2Y 2W8

**1 888 412-1313 Fax:** 514 598-8511

**Website:** [option-consommateurs.org/en](http://option-consommateurs.org/en)

**Email:** [info@option-consommateurs.org](mailto:info@option-consommateurs.org)

**Services:** Information and advocacy in the areas of consumption, credit and debt. \* Budget counselling to help consumers balance their budget. \* Legal information for consumers about rights and appeals. \* Information sessions for community organizations on budgeting, debt, economic violence and consumer law. \* Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. \* Legal information line for seniors. \* Prêt du quartier: microcredit program providing access to small loans of \$200 to 800 to meet an unexpected and non-recurring expense for an immediate need.

**Eligibility:** consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins

**Coverage area:** budget counselling: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Outremont, Rosemont, Ville-Marie, Prêt du quartier: Centre-Sud, Le Plateau-Mont-Royal, legal information and seniors line: Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, self-financing

**Legal status:** Cooperative

**PIÉTONS QUÉBEC**

460 Sainte-Catherine Street West, Suite 942, Ville-Marie, Montréal, QC, H3B 1A7

**514 394-0002**

**Website:** [www.pietons.quebec](http://www.pietons.quebec)

**Email:** [info@pietons.quebec](mailto:info@pietons.quebec)

**Services:** Collective defence of pedestrians' rights. \* Awareness and mobilization of citizens and public institutions. \* Information, conferences and training.

**Eligibility:** general public, municipalities

**Coverage area:** Province of Québec

**Hours:** on appointment

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**PROJET LOGEMENT MONTRÉAL**

550 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L3

**514 845-0168 ext. 307**

**Website:** [www.projetlogementmontreal.org](http://www.projetlogementmontreal.org)

**Email:** [info@projetlogementmontreal.org](mailto:info@projetlogementmontreal.org)

**Services:** Consortium of organizations addressing homelessness composed of Maison du Père, Welcome Hall Mission, Old Brewery Mission and Accueil Bonneau. \* Services of a housing agent: accompaniment in the search for subsidized private housing and in the stages of moving in. \* Services of a personal case manager: at-home psychosocial follow-up, weekly accompaniment to ensure adaptation and maintenance in housing. \* Rent payment service by trust. \* Accompaniment in the learning of daily activities: cooking, grocery shopping, housekeeping, shopping, etc. \* Referral to specialized services: doctor, Emploi-Québec, food bank, CLSC, administrative support, support in legal proceedings, recreation centre, etc.

**Eligibility:** Adults experiencing chronic, situational or episodic homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS**

3635 Atwater Avenue, Ville-Marie, Montréal, QC, H3H 1Y4

**514 483-6111 Fax: 514 483-0865**

**Website:** [www.qais.qc.ca](http://www.qais.qc.ca)

**Email:** [info@qais.qc.ca](mailto:info@qais.qc.ca)

**Services:** Group of independent English-speaking elementary and secondary schools. \* Promotion of education. \* Networking for teachers. \* Professional development workshops. \* List of private schools: [www.qais.qc.ca/our-schools/directory](http://www.qais.qc.ca/our-schools/directory)

**Eligibility:** independent schools

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

**QUÉBEC COLLECTIVE KITCHENS ASSOCIATION**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 866 529-3448 Fax: 514 529-1359**

**Website:** [www.rccq.org/en](http://www.rccq.org/en)

**Email:** [info@rccq.org](mailto:info@rccq.org)



**Services:** Promotes development, consolidation and concertation of collective kitchens across the province of Québec. \* Accompaniment to members. \* Start-up support and training about economic, political and social realities and other topics concerning members. \* List of collective kitchens in Québec: [www.rccq.org/en/members](http://www.rccq.org/en/members) \* Liaison newsletters, daily information and documentation centre.

**Eligibility:** groups wanting to start collective kitchens, member groups, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** self-financing, Centraide of Greater Montréal, provincial, donations, foundations

**Legal status:** non-profit organization

### QUEBEC COMMUNITY GROUPS NETWORK

1819 René-Lévesque Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3H 2P5

**514 868-9044**

**Website:** [qcgn.ca](http://qcgn.ca)

**Email:** [info@qcgn.ca](mailto:info@qcgn.ca)

**Services:** Development, support and promotion of community organizations serving English-speaking Quebecers. \* Expertise and mobilization on issues affecting English-speaking Quebecers.

**Eligibility:** organizations sharing the vision and mission of the QCGN

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** federal

**Legal status:** non-profit organization

### QUÉBEC LESBIAN NETWORK

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3

**438 929-6928**

**Website:** [rlq-qln.ca/en](http://rlq-qln.ca/en)

**Email:** [dg@rlq-qln.ca](mailto:dg@rlq-qln.ca)

**Services:** Defending the rights of lesbo-queer women and people.

**Eligibility:** lesbo-queer women and people

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** donations, contributions, provincial, federal

**Legal status:** non-profit organization

### REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION

285 Notre-Dame Street West, 4th floor, Ville-Marie, Montréal, QC, H2Y 1T8

**1 877 864-9191 TTY: 1 866 227-5968**

**Website:** [www.mifi.gouv.qc.ca/fr/reglementation-consultants](http://www.mifi.gouv.qc.ca/fr/reglementation-consultants)

**Services:** \* Registry of approved immigration consultants in Québec. \* Annual publication of the registry online. \* Processing of applications for recognition and renewal of the title of consultant.

**Eligibility:** immigrants, asylum seeker, temporary residents and Quebecers who need information, consultants

**Coverage area:** Province of Quebec

**Fees:** consultation of the registry: free, recognition of the title: exam and \$1702, renewal of the title: \$1384

**Financing:** provincial

**Legal status:** provincial government agency

### REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**1 877 523-7919 Fax: 514 523-7619**

**Website:** [www.rrasmq.com](http://www.rrasmq.com)

**Email:** [rrasmq@rrasmq.com](mailto:rrasmq@rrasmq.com)

**Services:** Promotion, development and maintenance of alternative organizations in mental health. \* Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. \* Information and referral to community mental health organizations.

**Eligibility:** alternative mental health groups and organizations, general population

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS

1255 Robert-Bourassa Boulevard, Suite 608, Ville-Marie, Montréal, QC, H3B 3V9

**514 436-3744**

**Website:** [rpcu.qc.ca/en](http://rpcu.qc.ca/en)

**Email:** [communications@rpcu.qc.ca](mailto:communications@rpcu.qc.ca)

**Services:** Advocacy for health and social services users' rights through support to residents and users committees. \* Information and documentation. \* Training and conferences. \* Online webinar:

[www.youtube.com/user/RPCUQuebec](http://www.youtube.com/user/RPCUQuebec)

**Eligibility:** users committees, residents committees, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** training and conferences: variable

**Financing:** membership fees, self-financing, grants

**Legal status:** non-profit organization

## RÉSEAU D'AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL

1431 Fullum Street, Suite 203, Ville-Marie, Montréal, QC, H2K 0B5

**Website:** [rapsim.org](http://rapsim.org)

**Email:** [info@rapsim.org](mailto:info@rapsim.org)

**Services:** \* Network of organizations working with people who are homeless or at risk of homelessness. \* Collective rights advocacy. \* Consultation with stakeholders and public authorities. \* Dissemination of information and knowledge sharing on homelessness issues.

**Eligibility:** organizations working to prevent and reduce homelessness

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h30 to 17h00

**Financing:** Centraide of Greater Montréal, provincial, grants, membership fees

**Legal status:** non-profit organization

## SENIORS ACTION QUÉBEC

1857 De Maisonneuve Boulevard West, Suite 307, Ville-Marie, Montréal, QC, H3H 1J9

**514 505-0977**

**Website:** [www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)

**Email:** [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca)

**Services:** Promotion of English-speaking seniors' interests. \* Information and referrals. \* Promotion of access to information. \* Promotion and development of seniors' leadership. \* Advocacy. \* Support organizations that work with and on behalf of seniors.

**Eligibility:** English-speaking people 50 years and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: \$20

**Financing:** donations, contributions, federal

**Legal status:** non-profit organization

**SENTIER URBAIN**

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292** Fax: 514 596-7093

**Website:** www.sentierurbain.org

**Email:** info@sentierurbain.org

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations

**Legal status:** non-profit organization

**SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** sem-montreal.org

**Email:** info@sem-montreal.org

**Services:** Inform, mobilize and raise awareness of urban environmental issues through greening, citizen action and waste management projects. \* Ville-Marie Éco-quartier: beautification, urban ecology and water conservation, distribution of recycling and food waste bins. \* Support for the development of green alleyways. \* Plant distribution. \* Workshops and activities for schools, day-care centers and community organizations. \* Recycling: batteries, cell phones, ink cartridges, cork, can pins, keys, etc. \* Horticultural consulting. \* Environmental services for organizations.

**Eligibility:** general public

**Coverage area:** Sainte-Marie and Saint-Jacques

**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 11h30 to 19h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

**SOCIÉTÉ POUR L'ACTION, L'ÉDUCATION ET LA SENSIBILISATION ENVIRONNEMENTALE DE MONTRÉAL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

**Website:** saesem.org/en

**Email:** info@saesem.org

**Services:** \* Environmental education: training and workshops for organization. \* Mégot Zéro: installation of ashtrays on public and private property, recycling of cigarette butts. \* Furniture and household items recovery activity: curbside and home pickup, recovered items redistributed to charitable organizations. \* Eco-quartier in Peter-McGill.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, recovery activities: consult the website

**Financing:** donations, municipal

**Legal status:** non-profit organization

**TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAIS DE LUTTE CONTRE LE SIDA**

2000 Notre-Dame Street East, Suite 502, Ville-Marie, Montréal, QC, H2K 2N3

**438 521-8609**

**Website:** toms-mtl.org

**Email:** coordo@toms-mtl.org

**Services:** Grouping of community organizations working in HIV and other STBBIs prevention, health and wellness promotion, housing and support for people living with HIV/AIDS and other STBBIs and their families. \* Advocacy for Montreal organizations working on the fight against HIV/AIDS. \* Dialogue and collaboration among all stakeholders. \* Information and training activities for member organizations. \* Raising awareness among the population.

**Eligibility:** community organizations working on HIV and STBBIs prevention or providing support to people living with HIV

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** membership fee

**Financing:** contributions, provincial, regional

**Legal status:** non-profit organization

## TRAJECTOIRE QUÉBEC

460 Sainte-Catherine Street West, Suite 942, Ville-Marie, Montréal, QC, H3B 1A7

**1 800 932-8211**

**Website:** [trajectoire.quebec](http://trajectoire.quebec)

**Email:** [info@trajectoire.quebec](mailto:info@trajectoire.quebec)

**Services:** Contribution to the overall development of public transit in Québec, the improvement of user services and the enhancement of the user's point of view. \* Support for all those who want to get together to work on improving public transit. \* Assistance to users in the formulation and delivery of their complaints. \* Collaboration to the research on alternatives to the solo car. \* Representation of users' views in the media and before elected officials and public transportation authorities.

**Eligibility:** public transit users

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** grants, donations, membership fees, self-financing

**Legal status:** non-profit organization

## TRIBUNAL ADMINISTRATIF DU TRAVAIL

500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 361-9593**

**Website:** [www.tat.gouv.qc.ca/menu-utilitaire/english-content](http://www.tat.gouv.qc.ca/menu-utilitaire/english-content)

**Email:** [communications@tat.gouv.qc.ca](mailto:communications@tat.gouv.qc.ca)

**Services:** Ruling instance for disputes related to over forty laws in the work field. \* Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 à 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES

2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8

**514 527-3661 Fax: 514 527-1153**

**Website:** [uttam.quebec](http://uttam.quebec)

**Email:** [uttam@uttam.quebec](mailto:uttam@uttam.quebec)

**Services:** \* Phone information service on rights and remedies. \* Information meetings on compensation for work-related accidents and illnesses. \* Support and files follow-up. \* Popular education activities. \* Collective rights defense action.

**Eligibility:** workers victims of work related accidents or occupational diseases

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

## YWCA MONTRÉAL

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

## Consumer protection and complaints

### AUTORITÉ DES MARCHÉS FINANCIERS

800 Square Victoria Street, Suite 2200, Ville-Marie, Montréal, QC, H4Z 1G3

**1 877 525-0337**

**Website:** [lautorite.qc.ca/en/general-public](http://lautorite.qc.ca/en/general-public)

**Services:** Organization mandated by the government of Québec to regulate the province's financial markets and provide assistance to consumers of financial products and services. \* Insurance information. \* Reception and treatment of complaints against Desjardins' caisses and services. \* Assistance with complaints filing against a representative or a company. \* Mediation.

**Eligibility:** product consumers, service users, future professionals, money service businesses

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### BAR OF THE PROVINCE OF QUÉBEC

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411 Fax:** 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infobarreau@barreau.qc.ca](mailto:infobarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception: [www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »: [www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques) \* Urgence avocat (all regions, immigraton, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer. \* Housing phonenumber: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phonenumber: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phonenumber: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

## **CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - ADMINISTRATIVE CENTRE**

850 Saint-Denis Street, Pavillon S, Ville-Marie, Montréal, QC, H2X 0A9

**514 890-8000**

**Website:** [chumontreal.qc.ca](http://chumontreal.qc.ca)

**Services:** Hospitals' administration. \* CHUM Research Centre. \* Education direction and CHUM Academy: coordination of trainee education and ongoing development of professional training. \* Commissioner for complaints and quality of services.

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

## **CHAMBRE DE L'ASSURANCE DE DOMMAGES**

999 De Maisonneuve Boulevard West, Suite 1200, Ville-Marie, Montréal, QC, H3A 3L4

**1 800 361-7288**

**Website:** [chad.ca/en](http://chad.ca/en)

**Email:** [info@chad.qc.ca](mailto:info@chad.qc.ca)

**Services:** \* Ongoing training of professionals. \* Ethical conduct and supervision of members. \* Public protection. \* Reception of complaints.

**Eligibility:** insurance agents, broker and claims experts, insured people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

## **CLINIQUE DROITS DEVANT**

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

**514 603-0265 Fax:** 514 303-2313

**Website:** [www.cliniquedroitsdevant.org/index.php/en/home](http://www.cliniquedroitsdevant.org/index.php/en/home)

**Email:** [intervention@cliniquedroitsdevant.org](mailto:intervention@cliniquedroitsdevant.org)

**Services:** \* Information regarding fines (legal proceeding), referrals. \* Assistance with accessing court records and with writing up complaints against police abuse. \* Accompaniment to the municipal court and the Palais de justice de Montréal. \* Training for counsellors. \* Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** drop-in reception on Mondays 9h00 to 12h00 and 13h00 to 16h00 and Tuesdays 13h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**COLLÈGE DES MÉDECINS DU QUÉBEC**

1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2

**1 888 633-3246**

**Website:** [www.cmq.org/home.aspx](http://www.cmq.org/home.aspx)

**Email:** [info@cmq.org](mailto:info@cmq.org)

**Services:** Professional order. \* Verification of the future physicians skills and their aptitude to practice medicine. \* Promotion of the maintenance of skills. \* Assessment and monitoring of the professional practice. \* Control of the illegal practice of medicine. \* Reception and study of complaints. \* Authentication of physician's signature. \* Access to medical records kept. \* Position-taking in major health debates of public concern. \* Promotion of quality medicine.\* Information on permit applications. \* Physicians' directory:

<https://www.cmq.org/en/directory> \* Information and list of disciplinary decisions:

<https://www.cmq.org/en/protect-the-public/follow-disciplinary-file/disciplinary-decisions>

**Eligibility:** physicians, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

**COMITÉ DE DÉONTOLOGIE POLICIÈRE**

500 René-Lévesque Boulevard West, Suite 6.100, Ville-Marie, Montréal, QC, H2Z 1W7

**514 864-1991 Fax: 514 864-2471**

**Website:** [comite.deontologie.gouv.qc.ca/en/the-comite.html](http://comite.deontologie.gouv.qc.ca/en/the-comite.html)

**Email:** [comite.deontologie@msp.gouv.qc.ca](mailto:comite.deontologie@msp.gouv.qc.ca)

**Services:** Committee that sits throughout Québec to hear and dispose of the citation, a document filed by the Commissaire à la déontologie policière, against a police officer or other peace officer. \* Imposition of sanctions on police officers or peace officers who have committed an act in derogation of the Code of ethics of Québec police officers. \* Processing requests for review of complaints that are rejected after investigation by the Commissaire à la déontologie policière. \* Responsible for ruling on application for remission from police officers, wildlife protection officers, special constables, traffic controllers or UPAC investigators sanctioned for an act derogatory to the Code of ethics of Québec police officers (except for destitution or dismissal).

**Eligibility:** citizens, police officers, wildlife protection officers, special constables, highway controllers, UPAC investigators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**COMMISSAIRE À LA DÉONTOLOGIE POLICIÈRE**

2050 de Bleury Street, Suite 7.50, Ville-Marie, Montréal, QC, H3A 2J5

**1 877 237-7897 Fax: 514 864-3552**

**Website:** [deontologie-policiere.gouv.qc.ca/en](http://deontologie-policiere.gouv.qc.ca/en)

**Email:** [deontologie-policiere.quebec@comdp.gouv.qc.ca](mailto:deontologie-policiere.quebec@comdp.gouv.qc.ca)

**Services:** Reception, analysis and processing of complaints filed against police officers, wildlife protection officers, special constables, highway controllers, UPAC and BEI investigators who might have violated the Code of ethics of Québec police officers.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

**COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE**

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**COMMISSION DES SERVICES JURIDIQUES**

Confidential Address

**514 873-3562 Fax:** 514 873-2351

**Website:** [www.csj.qc.ca/commission-des-services-juridiques/lang/en](http://www.csj.qc.ca/commission-des-services-juridiques/lang/en)

**Email:** [info@csj.qc.ca](mailto:info@csj.qc.ca)

**Services:** \* Ensures that legal aid is provided to financially eligible individuals through their regional centres.

**Eligibility:** people who are financially eligible

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**COMMUNITY LEGAL CENTRE OF MONTRÉAL**

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization



**IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION**

200 René-Lévesque Boulevard West, East tower, Suite 102, Ville-Marie, Montréal, QC, H2Z 1X4

**1 866 626-8719 Fax:** 514 283-0164

**Website:** irb.gc.ca

**Services:** Independent administrative tribunal making decisions on immigration and refugee status.

**Eligibility:** claimants of immigration or refugee status

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

**MONTRÉAL - CITY**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**311**

**Website:** montreal.ca/en

**Email:** bam@ville.montreal.qc.ca

**Services:** Central administration. \* Info-travaux. \* Online streaming of municipal council and executive board sessions. \* Library: online access to Nelligan directory, user record and online renewal. \* Online day camps directory: [www.montreal.ca/en/topics/day-camps](http://www.montreal.ca/en/topics/day-camps) \* Online ticket payment. \* Property assessment records. \* Info-collectes: information on garbage, recyclable material and bulky waste collection schedules. \* Info-towing: [www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index](http://www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index) \* Inspection, corrective action and evacuation in a dwelling with issues around sanitation, maintenance or safety: [www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation](http://www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation) \* Online registration for recreational activities. \* Consultation of tax account. \* Consultation of contracts and grants approved by the executive board and municipal council. \* Removal of dead animals found on private or public property. \* Sale of city maps.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** city maps: \$32 for the color version, \$6 for the black and white version

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL**

1550 Metcalfe Street, Suite 1200, Ville-Marie, Montréal, QC, H3A 1X6

**514 280-2800**

**Website:** [www.bigmtl.ca/en](http://www.bigmtl.ca/en)

**Email:** big@bigmtl.ca

**Services:** Promotion of integrity and prevention of fraudulent tactics in the attribution and execution of contracts for the City of Montréal and its associated organizations. \* Surveillance of contracts attribution and realization. \* Training of officials and employees. \* Reception and handling of confidential reports and denunciations online, by email, phone, fax or mail. \* Inspection, cancellation, termination and suspension prerogatives.

**Eligibility:** employees, officials, citizens, contractors

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** municipal

**Legal status:** municipal agency

**MOUVEMENT ACTION JUSTICE**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 524-3776**

**Website:** [www.maj-quebec.com](http://www.maj-quebec.com)

**Email:** [info@maj-quebec.com](mailto:info@maj-quebec.com)

**Services:** Action against abuses of authority. \* Information line. \* Counselling, active listening, psychological support and accompaniment. \* Police ethics complaints writing service. \* MAJ Legal Clinic. \* Monthly self-help group for people facing a problematic legal situation. \* Advocacy for Duplessis orphans.

**Eligibility:** people facing issues with the legal or police system or DPJ

**Capacity:** self-help group: 1 to 25 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 15h00, legal clinic: Tuesday 16h30

**Fees:** MAJ clinic membership: \$10

**Financing:** donations, grants

**Legal status:** non-profit organization

## MOUVEMENT D'ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES

82 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 1X3

**514 286-1155 Fax:** 514 286-1154

**Website:** medac.qc.ca

**Email:** admin@medac.qc.ca

**Services:** Space for exchange, information and advocacy. \* Education: training in halls or on the Internet, pamphlets. \* Advocacy of rights: activities, class actions.

**Eligibility:** shareholders, savers, investors, financial products buyers, Québec and Canadian companies

**Coverage area:** Canada

**Fees:** membership: \$75 on first year, renewal: \$45, \$125 for 3 years

**Financing:** self-financing, donations, contributions

**Legal status:** non-profit organization

## OMBUSERVICE FOR LIFE AND HEALTH INSURANCE

2001 Robert-Bourassa Boulevard, 17th floor, Ville-Marie, Montréal, QC, H3A 2A6

**1 866 582-2088 Fax:** 514 285-4076

**Website:** olhi.ca

**Services:** \* Resolution of complaints regarding insurance (life, disability, health benefits for employees, travel) and investment products such as annuities and segregated funds. \* Information online on personal insurance.

**Eligibility:** consumers of personal insurance

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** federal

**Legal status:** non-profit organization

## OPTION CONSOMMATEURS

507 Place d'Armes, Suite 1101, Ville-Marie, Montréal, QC, H2Y 2W8

**1 888 412-1313 Fax:** 514 598-8511

**Website:** option-consommateurs.org/en

**Email:** info@option-consommateurs.org

**Services:** Information and advocacy in the areas of consumption, credit and debt. \* Budget counselling to help consumers balance their budget. \* Legal information for consumers about rights and appeals. \* Information sessions for community organizations on budgeting, debt, economic violence and consumer law. \* Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. \* Legal information line for seniors. \* Prêt du quartier: microcredit program providing access to small loans of \$200 to 800 to meet an unexpected and non-recurring expense for an immediate need.

**Eligibility:** consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins

**Coverage area:** budget counselling: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Outremont, Rosemont, Ville-Marie, Prêt du quartier: Centre-Sud, Le Plateau-Mont-Royal, legal information and seniors line: Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, self-financing

**Legal status:** Cooperative

### **ORDRE DES OPTICIENS D'ORDONNANCES DU QUÉBEC**

606 Cathcart Street, Suite 600, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 563-6345**

**Website:** [opticien.qc.ca](http://opticien.qc.ca)

**Email:** [ordre@opticien.qc.ca](mailto:ordre@opticien.qc.ca)

**Services:** Professional order. \* Directory of member professionals: [click here](#) \* How to file a complaint: [click here](#) \* Protection of the public and professional inspection. \* Continuous education program and supervision of professionals in the field of oculo-visual products.

**Eligibility:** general public, dispensing opticians

**Coverage area:** Province of Québec

**Fees:** opticians: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### **ORDRE DES OPTOMÉTRISTES DU QUÉBEC**

1265 Berri Street, Suite 505, Ville-Marie, Montréal, QC, H2L 4X4

**1 888 499-0524 Fax:** 514 499-1051

**Website:** [www.ooq.org](http://www.ooq.org)

**Email:** [info@ooq.org](mailto:info@ooq.org)

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Continuing education and Guide to clinical practice. \* Discipline and control of illegal practice and usurpation of title. \* Control of admission to the profession, regulation and professional inspection.

**Eligibility:** general public, optometrists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, summer: closed on Friday afternoons

**Fees:** optometrists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### **ORDRE DES ORTHOPHONISTES ET AUDILOGISTES DU QUÉBEC**

630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 232-9123 Fax:** 514 282-9541

**Website:** [www.ooaq.qc.ca](http://www.ooaq.qc.ca)

**Email:** [info@ooaq.qc.ca](mailto:info@ooaq.qc.ca)

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Information and documentation: hearing, language, voice, speech, communication and their disorders. \* Protection of the public and control of admission to the profession of speech and language therapist and audiologist. \* Support for the maintenance and development of the competence of its members.

**Eligibility:** general public, speech therapists and audiologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h30 to 16h30

**Fees:** speech therapists and audiologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES SAGES-FEMMES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 877 711-1313 Fax:** 514 286-0008

**Website:** [www.osfq.org](http://www.osfq.org)

**Email:** [info@osfq.org](mailto:info@osfq.org)

**Services:** Professional order. \* Directory of member midwives: [click here](#) \* How to lodge a complaint: [click here](#) \* Information and documents: giving birth after caesarean section, where to give birth, birth centres, etc. \* Continuous education. \* Protection of the public through admission control, monitoring of the quality of practice and the disciplinary process.

**Eligibility:** general public, midwives

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00 from June 28 to August 30, 2024

**Fees:** midwives: annual membership

**Financing:** membership fees

**Legal status:** non-profit organization

**ORDRE DES TECHNOLOGUES EN PROTHÈSES ET APPAREILS DENTAIRES DU QUÉBEC**

1200 McGill College Avenue, Suite 1500, Ville-Marie, Montréal, QC, H3B 4G7

**514 447-7593**

**Website:** [otpadq.com](http://otpadq.com)

**Email:** [info@otpadq.com](mailto:info@otpadq.com)

**Services:** Professional order. \* Directory of professionals: [click here](#) \* How to file a complaint: [click here](#) \* Information: types of dentures, orthodontic appliances, glossary of terms. \* Continuous education. \* Protection of the public, control of the practice of the profession by its members.

**Eligibility:** general public, dental technologists

**Coverage area:** Province of Québec

**Fees:** dental technologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE PROFESSIONNEL DES INHALOTHÉRAPEUTES DU QUÉBEC**

1440 Sainte-Catherine Street West, Suite 721, Ville-Marie, Montréal, QC, H3G 1R8

**1 800 561-0029 Fax:** 514 931-3621

**Website:** [www.opiq.qc.ca](http://www.opiq.qc.ca)

**Email:** [info@opiq.qc.ca](mailto:info@opiq.qc.ca)

**Services:** Professional order. \* Find a professional: [prive.opiq.qc.ca/webprive/Tableau\\_Acces.aspx](http://prive.opiq.qc.ca/webprive/Tableau_Acces.aspx) \* Complaint form: [www.opiq.qc.ca/protection-du-public/porter-plainte-au-bureau-du-syndic](http://www.opiq.qc.ca/protection-du-public/porter-plainte-au-bureau-du-syndic) \* Useful resources for everyone: let's talk about healthy lifestyle habits, quitting smoking, sleep hygiene, physical activity, diet, etc. \* Monitoring of the respiratory therapist profession. \* Support for updating and developing skills.

**Eligibility:** general public, respiratory therapists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** respiratory therapists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** [info@opsq.org](mailto:info@opsq.org)

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \* Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC

1050 Beaver Hall Hill, Suite 1400, Ville-Marie, Montréal, QC, H2Z 0A5

**1 800 567-7763 Fax:** 514 527-7314

**Website:** [www.optmq.org](http://www.optmq.org)

**Email:** [optmq@optmq.org](mailto:optmq@optmq.org)

**Services:** Professional order. \* Professional directory: [click here](#) \* Online complaint form: [click here](#) \* Documentation and public information centre. \* Continuous education. \* Protection of the public and control of the practice of the profession by its members.

**Eligibility:** general public, medical technologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** medical technologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## RÉGIE DE L'ÉNERGIE

500 René-Lévesque Boulevard West, Suite 5.100, Ville-Marie, Montréal, QC, H2Z 1W7

**1 888 873-2452 Fax:** 514 873-2070

**Website:** [www.regie-energie.qc.ca/en/index.html](http://www.regie-energie.qc.ca/en/index.html)

**Email:** [secretariat@regie-energie.qc.ca](mailto:secretariat@regie-energie.qc.ca)

**Services:** Fosters the conciliation of the public interest, consumer protection and the fair treatment of the electricity carrier and distributors. \* Handling of consumers' complaints.

**Eligibility:** consumers, population

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS

1 Notre-Dame Street East, Suite 7.07, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 option 2 Fax:** 514 864-4867 **TTY:** 514 864-9373

**Website:** [www.rdprm.gouv.qc.ca/en/pages/english.html](http://www.rdprm.gouv.qc.ca/en/pages/english.html)

**Services:** Computerized government register that makes public certain rights concerning movable property and individuals.

**Eligibility:** people who are thinking of acquiring used movable property, people who have been designated as liquidators of a succession, others

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** provincial government agency

**REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS**

1255 Robert-Bourassa Boulevard, Suite 608, Ville-Marie, Montréal, QC, H3B 3V9

**514 436-3744**

**Website:** [rpcu.qc.ca/en](http://rpcu.qc.ca/en)

**Email:** [communications@rpcu.qc.ca](mailto:communications@rpcu.qc.ca)

**Services:** Advocacy for health and social services users' rights through support to residents and users committees. \* Information and documentation. \* Training and conferences. \* Online webinar:

[www.youtube.com/user/RPCUQuebec](http://www.youtube.com/user/RPCUQuebec)

**Eligibility:** users committees, residents committees, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** training and conferences: variable

**Financing:** membership fees, self-financing, grants

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY: 1 800 926-9105**

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office:

[www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder:

[www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \*

Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special

employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage

Earned Protection Program. \* State pensions and savings schemes. \* Online information for businesses:

business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to

mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support.

Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer

services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income

Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

**SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315 Fax: 514 873-8340**

**Website:** [www.habitation.gouv.qc.ca/english](http://www.habitation.gouv.qc.ca/english)

**Email:** [infoshq@shq.gouv.qc.ca](mailto:infoshq@shq.gouv.qc.ca)

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

[www.habitation.gouv.qc.ca/repertoire](http://www.habitation.gouv.qc.ca/repertoire) \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

### **SYNDIC DU BARREAU DU QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411 Fax:** 514 954-3478

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [syndic@barreau.qc.ca](mailto:syndic@barreau.qc.ca)

**Services:** \* Reception and assessment of complaints from the public against lawyers and members of the Barreau. \* Conciliation service for lawyers' fees. \* Info-Déonto: phone line for members of the Barreau du Québec concerning deontology matters and questions from the public. \* Info-harcèlement line (for lawyers and trainees only): reporting acts and situations of sexual harassment of which lawyers and trainees have been victims or witnesses. \* Faire affaire avec un avocat: information, billing, and laws and regulations concerning lawyers' services.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h15 to 17h00

**Fees:** none

**Financing:** membership fees

**Legal status:** non-profit organization

### **TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE**

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

**514 873-2245 Fax:** 514 864-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized court regarding residential lease matters. \* Information on rights and obligations related to leases. \* Conciliation between landlords and tenants. \* Protection of tenants' rights. \* Assistance filling out court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) \* Online tool to access legal information about the rental lease: [justicebot.ca](http://justicebot.ca)

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

### **UNITÉ PERMANENTE ANTICORRUPTION (L')**

2100 Pierre-Dupuy Avenue, Wing 2, Suite 3010, Ville-Marie, Montréal, QC, H3C 3R5

**1 855 567-8722**

**Website:** [upac.gouv.qc.ca/en](http://upac.gouv.qc.ca/en)

**Services:** Conducts prevention and investigation duties relative to corruption, collusion and fraud in public and parapublic sectors. \* Integrity verifications of enterprises offering or willing to offer services to governmental agencies. \* Documentation and information relative to the Loi concernant la lutte contre la corruption. \* Reporting of misconducts online and by phone. \* Awareness session for enterprises with business relations with the government.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## Correctional services

### ACTION RÉFUGIÉS MONTRÉAL

1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6

**514 935-7799** Fax: 514 935-9848

**Website:** actionr.org

**Email:** info@actionr.org

**Services:** Reception, education and advocacy for refugees. \* Information and support. \* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. \* Pairing between refugee women and Montréal women for intercultural bonding. \* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

**Eligibility:** asylum seekers and refugees, potential sponsors

**Capacity:** 140 persons per year

**Coverage area:** sponsoring: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, foundations

**Legal status:** non-profit organization

### COMMISSION QUÉBÉCOISE DES LIBÉRATIONS CONDITIONNELLES

1 Notre-Dame Street East, Suite 11.40, Ville-Marie, Montréal, QC, H2Y 1B6

**514 873-2230** Fax: 514 873-7580

**Website:** www.cqlc.gouv.qc.ca/index.php?id=16

**Email:** cqlc@cqlc.gouv.qc.ca

**Services:** Decision-making authority that hears and makes a decision on applications for conditional release. \* Guiding principle: protection of society.

**Eligibility:** offenders serving sentences from 6 months to 2 years less a day

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### CORRECTIONAL SERVICE CANADA - SHERBROOKE COMMUNITY CORRECTIONAL CENTRE

2190 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C7

**514 283-1789** Fax: 514 283-3975

**Website:** www.csc-scc.gc.ca

**Services:** Community correctional centre for people on probation. \* Structured living environment. \* 24-hour supervision. \* Administration of reintegration programs.

**Eligibility:** people under federal jurisdiction who have been released to the community on unescorted temporary absences, day parole, full parole, work releases, statutory release or long-term supervision orders

**Coverage area:** Province of Québec

**Financing:** federal

**Legal status:** federal government agency

### DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL - CLIENTÈLE FÉMININE ET ACTIVITÉS SPÉCIALISÉES

10 Saint-Antoine Street East, Suite 11.09, Ville-Marie, Montréal, QC, H2Y 4A5

**514 864-1892** Fax: 514 873-0129

**Website:** www.quebec.ca/securite-situations-urgence/services-correctionnels

**Services:** Body responsible for the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced for less than 2 years, alleged offenders



**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** provincial government agency

### **DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST**

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

**514 873-6651 Fax:** 514 664-1934

**Website:** [www.quebec.ca/securite-situations-urgence/services-correctionnels](http://www.quebec.ca/securite-situations-urgence/services-correctionnels)

**Services:** Body responsible of the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced for less than 2 years, alleged offenders

**Coverage area:** South and West of Montréal

**Financing:** provincial

**Legal status:** provincial government agency

### **DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE DE MONTRÉAL**

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

**514 864-1800 Fax:** 514 873-9362

**Website:** [www.quebec.ca/securite-situations-urgence/services-correctionnels](http://www.quebec.ca/securite-situations-urgence/services-correctionnels)

**Services:** Coordination of correctional services in the territory. \* In charge of professional services direction (DSPC) Montréal Nord-Est and Montréal Sud-Ouest, as well as Montréal and Rivière-des-Prairies correctional facilities.

**Coverage area:** Greater Montréal

**Financing:** provincial

**Legal status:** provincial government agency

### **MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 244-6147**

**Website:** [communitasmontreal.org](http://communitasmontreal.org)

**Email:** [info@communitasmontreal.org](mailto:info@communitasmontreal.org)

**Services:** Restorative justice organization. \* Accompaniment and reintegration for people who have served time in prison. \* Circles of support and accountability: confidential support groups for people with a history of sexual offenses. \* Weekly Table talk and free lunch. \* Reintegration circles: support groups. \* Open door: weekly open gathering. \* Community building workshops bringing together victims, offenders and community. \* Person to person: in-prison visits for isolated inmates. \* Crime prevention.

**Eligibility:** people who have served time in prison, community

**Coverage area:** Greater Montreal

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **NOTRE DAME DE LA RUE**

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE

200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4  
**514 283-4584 Fax:** 514 283-5484

**Website:** [www.canada.ca/en/parole-board.html](http://www.canada.ca/en/parole-board.html)

**Email:** [info-que@pbc-clcc.gc.ca](mailto:info-que@pbc-clcc.gc.ca)

**Services:** Administrative tribunal in charge of parole and record suspension decisions. \* Promoting the gradual reintegration of offenders into society. \* Recommendations for clemency. \* Information and support for victims on the follow-up of judicial sentences during the parole process. \* Awareness raising, education and mobilization of organizations and the public. \* Decision registry.

**Eligibility:** federal offenders in reintegration process, victims of crimes

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** federal

**Legal status:** federal government agency

## Courthouses and tribunals

### BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL

1 Notre-Dame Street East, Suite 2.143, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 ext. 1 Fax:** 514 864-6821

**Website:** [www.amendes.qc.ca](http://www.amendes.qc.ca)

**Email:** [amendes@justice.gouv.qc.ca](mailto:amendes@justice.gouv.qc.ca)

**Services:** Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. \* Recovery of fines and unpaid legal fees. \* Online payment services for court records and statements of offense.

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpcj.qc.ca/en](http://www.cdpcj.qc.ca/en)

**Email:** [information@cdpcj.qc.ca](mailto:information@cdpcj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization

### **COURT OF APPEAL OF QUÉBEC**

100 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 4B6  
**514 393-2022 ext. 0** Fax: 514 864-7270  
**Website:** [courdappelduquebec.ca/en](http://courdappelduquebec.ca/en)  
**Email:** [courdappelmtl@judex.qc.ca](mailto:courdappelmtl@judex.qc.ca)

**Services:** General appellate court for all of Québec. \* Hears appeals against judgments from lower courts in the province, from civil, criminal and family matters, amongst others. \* Information on the Court and its rules.

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

### **COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6  
**514 393-2329** Fax: 514 873-4760  
**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of requests for psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit.

**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

### **COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6  
**514 393-2034** Fax: 514 873-4760  
**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes. \* The Court of Quebec Addiction Treatment Program - Montréal (CQATP).

**Coverage area:** Montréal Island  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** provincial government agency

### **COURT OF QUÉBEC - SMALL CLAIMS DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6  
**1 866 536-5140 ext. 3** Fax: 514 864-4374  
**Website:** [www.justice.gouv.qc.ca/en/your-disputes/small-claims](http://www.justice.gouv.qc.ca/en/your-disputes/small-claims)  
**Email:** [pcmtl@justice.gouv.qc.ca](mailto:pcmtl@justice.gouv.qc.ca)

**Services:** Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. \* Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

**Eligibility:** any person or legal person and company who has employed at most 10 people during the 12 months prior to the claim

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## HUMAN RIGHTS TRIBUNAL

1 Notre-Dame Street East, Suite 10.51, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-6274 Fax:** 514 873-7354

**Website:** [tribunaldesdroitsdelapersonne.ca/en](http://tribunaldesdroitsdelapersonne.ca/en)

**Email:** [tribunal.personne@judex.qc.ca](mailto:tribunal.personne@judex.qc.ca)

**Services:** Court specialized in disputes regarding discrimination, harassment, seniors or disabled people' exploitation and equality promotion programs.

**Eligibility:** anyone who claims to be a victim of discrimination and has first complained with the Commission des droits de la personne et des droits de la jeunesse

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MONTRÉAL COURTHOUSE

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2721 Fax:** 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Administration of court services of Montréal. \* Support to various courts constituting the judicial system of Québec and some specialized courts. \* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony. \* Consultation of the court ledger.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## MUNICIPAL COURT OF THE CITY OF MONTRÉAL

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9

**514 872-2964**

**Website:** [montreal.ca/en/topics/municipal-court](http://montreal.ca/en/topics/municipal-court)

**Email:** [cour-municipale@montreal.ca](mailto:cour-municipale@montreal.ca)

**Services:** Court operating under the authority of the Direction des services judiciaires of the Service des affaires juridiques et de l'évaluation foncière and governed by the Municipal Courts Act. \* Jurisdiction in civil, criminal and penal matters. \* Processing of traffic and parking tickets. \* Online traffic and parking ticket payment: [servicesenligne2.ville.montreal.qc.ca/sel/constats/accueil.do](http://servicesenligne2.ville.montreal.qc.ca/sel/constats/accueil.do)

**Coverage area:** Montréal

**Hours:** Monday, Tuesday, Wednesday, Friday 8h30 to 16h30, Thursday 9h00 to 16h30

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## SUPERIOR COURT - MONTRÉAL

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2326 Fax:** 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing the cases where the amount in dispute is more than \$75,000 and administrative, familial and bankruptcy litigations. \* Hearing jury trial in criminal cases and appeals in summary conviction.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### TRIBUNAL ADMINISTRATIF DU QUÉBEC

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en](http://www.taq.gouv.qc.ca/en)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Last instance services for challenging a decision by a ministry, a public organization or a municipality. \* How to file a proceeding: [riil.servicestaq.gouv.qc.ca/taq.riil.presentation](http://riil.servicestaq.gouv.qc.ca/taq.riil.presentation) \* Information on conciliation and hearings: preparation, procedure, decision, hearing schedule. \* Leaflets, guides and videos. \* Social Affairs Section: rules on protestations regarding social security or revenue, compensations plans, pension plan, welfare and family allowances and health, social, education, road security or immigration services. \* Real Estate Section: rules on the protestations regarding expropriation, municipal fiscality and urbanism, or others immovable property affairs. \* Territory and Environment Section: rules on protestations regarding territory protection, agricultural activities, environment quality, or other territorial and environmental affairs. \* Economic Affairs Section: rules on the protestations regarding permits or authorizations provided by economical, professional or commercial control laws. \* Mental Health Division.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

### TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd](http://www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Social affairs section sub-division. Review Board for mental disorder \* Evaluates the files of people charged with a criminal offence and found not responsible or unfit to stand trial by a criminal court. \* Assess the risk to public safety. \* Rules on the release or detention of individuals and assesses their mental health on an annual basis. Persons confined in a hospital \* Rules on cases concerning the Act respecting the protection of persons whose mental state presents a danger to themselves or to others.

**Eligibility:** people living with a mental health issue who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

### TRIBUNAL ADMINISTRATIF DU TRAVAIL

500 René-Lévesque Boulevard West, Suite 18.200, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 361-9593**

**Website:** [www.tat.gouv.qc.ca/menu-utilitaire/english-content](http://www.tat.gouv.qc.ca/menu-utilitaire/english-content)

**Email:** [communications@tat.gouv.qc.ca](mailto:communications@tat.gouv.qc.ca)

**Services:** Ruling instance for disputes related to over forty laws in the work field. \* Four divisions: labour relations, essential services, health and security in the workplace, construction and professional qualification.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 à 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Legal assistance and information

### ACTION MÉDIATION

533 Ontario Street East, Suite 206, Ville-Marie, Montréal, QC, H2L 1N8

**514 312-7344**

**Website:** sds.social/mediation-sociale/

**Email:** info@courtier.social

**Services:** Psychosocial intervention program in public spaces. \* Accompaniment and assistance in reinsertion. \* Referrals to appropriate resources. \* Ensures optimal cohabitation of residents, merchants and employees of the visited locations. \* Daily online intervention reports and assistance.

**Eligibility:** marginalized people, homeless people, buildings and public spaces managers, residents and shop owners

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

### ACTION RÉFUGIÉS MONTRÉAL

1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6

**514 935-7799 Fax:** 514 935-9848

**Website:** actionr.org

**Email:** info@actionr.org

**Services:** Reception, education and advocacy for refugees. \* Information and support. \* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. \* Pairing between refugee women and Montréal women for intercultural bonding. \* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

**Eligibility:** asylum seekers and refugees, potential sponsors

**Capacity:** 140 persons per year

**Coverage area:** sponsoring: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, foundations

**Legal status:** non-profit organization

### ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845 Fax:** 514 937-5548

**Website:** adpbc.org/en

**Email:** curabec@outlook.com

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**BAR OF THE PROVINCE OF QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411** Fax: 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infobarreau@barreau.qc.ca](mailto:infobarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception: [www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »: [www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques)\* Urgence avocat (all regions, immigraton, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer. \* Housing phonenumber: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phonenumber: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phonenumber: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

**BARREAU DU QUÉBEC - CLINIQUE JURIDIQUE**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 833 997-2527**

**Website:** [cliniquejuridiquebarreau.ca/en](http://cliniquejuridiquebarreau.ca/en)

**Email:** [info@cliniquejuridiquebarreau.ca](mailto:info@cliniquejuridiquebarreau.ca)

**Services:** Advice and support in various areas of law provided by students under the close supervision of lawyers. \* Legal information and advice: social law, family law, inheritance law, civil law, housing law and employment law. \* Help in putting together a legal file. \* Help in understanding and preparing for a hearing or session. \* Consultations In-person in Montreal, Quebec City, Gatineau and Sherbrooke, or at a distance.

**Eligibility:** people 18 years old and over

**Coverage area:** in-person consultation: Montréal, Québec, Gatineau et Sherbrooke, at a distance consultation: Province of Québec

**Hours:** mid-October to mid-July, Tuesday to Thursday 8h45 to 19h45

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

**BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL**

1 Notre-Dame Street East, Suite 2.143, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 536-5140 ext. 1** Fax: 514 864-6821

**Website:** [www.amendes.qc.ca](http://www.amendes.qc.ca)

**Email:** [amendes@justice.gouv.qc.ca](mailto:amendes@justice.gouv.qc.ca)

**Services:** Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. \* Recovery of fines and unpaid legal fees. \* Online payment services for court records and statements of offense.

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**CARREFOUR DE RESSOURCES EN INTERCULTUREL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** criccentresud.org

**Email:** info@criccentresud.org

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

**CENTRE DE JUSTICE DE PROXIMITÉ DU GRAND MONTRÉAL**

407 Saint-Laurent Boulevard, Suite 410, Ville-Marie, Montréal, QC, H2Y 2Y5

**514 227-3782**

**Website:** www.justicedeproximite.qc.ca/en

**Email:** montreal@cjpqc.ca

**Services:** \* Legal information clinic: explanation of laws, information on various recourses and legal procedures, guidance within the justice system. \* Referral to community services and alternative ways to resolve conflicts. \* Material on legal information, information sessions on legal matters. \* Pre-mediation service regarding family matters. \* Info-Séparation: consultation and legal information service in family law. \* Does not represent citizens in Court. \* Does not provide legal advice.

**Eligibility:** people searching for legal information

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 9h00 to 16h30, closed between 12h00 and 13h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561 Fax: 514 524-5663**

**Website:** www.centrestpierre.org

**Email:** info@centrestpierre.org

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.



**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

### CHAMBRE DES NOTAIRES DU QUÉBEC

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793 Fax:** 514 879-1923

**Website:** [www.cnq.org/en](http://www.cnq.org/en)

**Email:** [information@cnq.org](mailto:information@cnq.org)

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \* Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### CLINIQUE DROITS DEVANT

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

**514 603-0265 Fax:** 514 303-2313

**Website:** [www.cliniquedroitsdevant.org/index.php/en/home](http://www.cliniquedroitsdevant.org/index.php/en/home)

**Email:** [intervention@cliniquedroitsdevant.org](mailto:intervention@cliniquedroitsdevant.org)

**Services:** \* Information regarding fines (legal proceeding), referrals. \* Assistance with accessing court records and with writing up complaints against police abuse. \* Accompaniment to the municipal court and the Palais de justice de Montréal. \* Training for counsellors. \* Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** drop-in reception on Mondays 9h00 to 12h00 and 13h00 to 16h00 and Tuesdays 13h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CLINIQUE POUR LA JUSTICE MIGRANTE

1406 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E5

**514 523-6666**

**Website:** [cliniquejusticemigrante.org/en](http://cliniquejusticemigrante.org/en)

**Email:** [info@cjm-mjc.org](mailto:info@cjm-mjc.org)

**Services:** Community legal clinic defending the civil, political and socio-economic rights of migrants with precarious status. \* Holistic legal services, legal education and information. \* Legal and psychosocial representation and accompaniment. \* Support for migrant community mobilisation. \* Community organization and collective defence of rights.

**Eligibility:** migrant people with precarious status, people working with migrants

**Coverage area:** Province of Québec

**Hours:** variable, closed on weekends

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpcj.qc.ca/en](http://www.cdpcj.qc.ca/en)

**Email:** [information@cdpcj.qc.ca](mailto:information@cdpcj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax:** 1 855 722-8081

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)

**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## COMMISSION DES SERVICES JURIDIQUES

Confidential Address

**514 873-3562 Fax:** 514 873-2351

**Website:** [www.csj.qc.ca/commission-des-services-juridiques/lang/en](http://www.csj.qc.ca/commission-des-services-juridiques/lang/en)

**Email:** [info@csj.qc.ca](mailto:info@csj.qc.ca)

**Services:** \* Ensures that legal aid is provided to financially eligible individuals through their regional centres.

**Eligibility:** people who are financially eligible

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

## CÔTÉ COUR

1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6

**514 868-9577 ext. 0**

**Website:** [cussss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour](http://cussss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour)

**Services:** \* Specialized assistance in domestic and family violence. \* Direct legal assistance. \* Psychosocial intervention, support, and listening. \* Referral to the appropriate resources. \* Information on the legal process, rights, and resources. \* Interpretation service. \* Two service points: Courthouse and Municipal Court of Montréal.

**Eligibility:** victims of domestic and familial violence whose case was judicialized in Montreal

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## CURATEUR PUBLIC

600 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3B 4W9

**1 844 532-8728 Fax: 514 873-4972**

**Website:** [www.quebec.ca/en/government/departments-and-agencies/curateur-public](http://www.quebec.ca/en/government/departments-and-agencies/curateur-public)

**Services:** Ensures that incapacitated people are protected, their autonomy safeguarded and their rights respected, while supporting their families and loved ones in their duties. \* Find a territorial office of The Public Curator: [www.quebec.ca/gouvernement/ministeres-et-organismes/curateur-public/coordonnees/directions-territoriales](http://www.quebec.ca/gouvernement/ministeres-et-organismes/curateur-public/coordonnees/directions-territoriales) \* Telephone on-call service for urgent interventions. \* Infolettre Bien protéger ensemble: receive information on the protection of people in vulnerable situations. \* Recognizes assistants to adults, in particular by analyzing applications and maintaining a public register of recognized assistants. \* Monitors the management of assets by guardians. \* Informs represented and assisted persons of the rules that apply to them. \* Informs assistants, guardians, temporary representatives and mandataries of their obligations. \* Raise public awareness of the issues related to incapacity and inform people of the means available to protect incapacitated persons. \* Accompany people experiencing difficulties. \* Acts as guardian, guardianship council or temporary representative by court order if the person is isolated, has no family or those close to him or her are unable to assume this role. \* Receives complaints and reports.

**Eligibility:** incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

**Coverage area:** Province of Québec

**Hours:** Head Office: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **CURATEUR PUBLIC - DIRECTION TERRITORIALE ET BUREAU DE MONTRÉAL**

454 Place Jacques-Cartier, Suite 200, Ville-Marie, Montréal, QC, H2Y 3B3

**1 866 292-6288**

**Website:** [www.quebec.ca/en/government/departments-and-agencies/curateur-public](http://www.quebec.ca/en/government/departments-and-agencies/curateur-public)

**Services:** \* Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. \* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

**Eligibility:** incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

**Coverage area:** Montréal Island

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30 and Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **DANS LA RUE - CHEZ POPS**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** [danslarue.org/en/](http://danslarue.org/en/)

**Email:** [centredejour@danslarue.org](mailto:centredejour@danslarue.org)

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

### **DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax: 514 849-2411**

**Website:** [ymcaquebec.org/en](http://ymcaquebec.org/en)

**Email:** [laboussole@ymcaquebec.org](mailto:laboussole@ymcaquebec.org)

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

**1 877 204-0250 Fax:** 514 522-5191

**Website:** [equijustice.ca/en](http://equijustice.ca/en)

**Email:** [info@equijustice.ca](mailto:info@equijustice.ca)

**Services:** Promotion of fair and accessible justice for all. \* Restorative justice, criminal mediation, citizen mediation, social mediation, specialized mediation. \* Mediation training. \* Parenthèse project at the Montréal courthouse: accompaniment and support for people considering a request for involuntary hospitalization. \*

Online members' directory: [equijustice.ca/en/find-an-equijustice](http://equijustice.ca/en/find-an-equijustice)

**Eligibility:** adults, families and teenagers, victims, offenders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

**FONDS D'AIDE AUX ACTIONS COLLECTIVES**

1 Notre-Dame East Street, Suite 10.30, Ville-Marie, Montréal, QC, H2Y 1B6

**1 855 271-3272 Fax:** 514 864-2998

**Website:** [www.faac.justice.gouv.qc.ca](http://www.faac.justice.gouv.qc.ca)

**Email:** [faac@justice.gouv.qc.ca](mailto:faac@justice.gouv.qc.ca)

**Services:** Management of financial support resources for class actions. \* Hearing of requests and decision making. \* Dissemination of information regarding class actions.

**Eligibility:** people, non-profit corporations, for-profit corporations with less than 50 employees, cooperatives or unions seeking to initiate a class action

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** provincial government agency

**JURIPOP**

Confidential Address

**514 705-1637 Fax:** 514 845-1667

**Website:** [juripop.org/en](http://juripop.org/en)

**Email:** [info@juripop.org](mailto:info@juripop.org)

**Services:** Low-cost legal services. \* Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice. \* Aparté: resources against harassment and violence in the cultural environment [aparte.ca](http://aparte.ca) \* Legal assistance by phone for people living with cancer: questions in civil law (housing, contracts, and most day-to-day legal needs), business and family law (separation, child custody, alimony, etc.), as well as some questions in labour law. \* Personalized workshops and conferences.

**Eligibility:** people on a low income not eligible for legal assistance, non-profit organizations

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** regular members: \$20 per year, hourly rate of 65\$, membership for Incorporated Non-profits: 150\$ per year, hourly rate of 90\$, administrative fees: \$65

**Financing:** self-financing, fundraising, grants

**Legal status:** non-profit organization

**JURISTES À DOMICILE**

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

### JURITRANS - TRANS ID CLINIC

1572 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**Website:** juritrans.ca/qc/en

**Email:** celeste@juritrans.ca

**Services:** Mobile drop-in clinic providing easy access to name and gender marker change procedures. \* Help with name and sex change applications: legal information, commissioner of oaths. \* Delivery of documents. \* Tools available to users: forms and photocopier.

**Eligibility:** trans people

**Coverage area:** Province of Québec

**Hours:** variable, check the website

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

### JUSTICE PRO BONO

Confidential Address

**514 904-1076 Fax:** 514 905-0228

**Website:** justiceprobono.ca/en

**Email:** info@justiceprobono.ca

**Services:** Promotion of accessible legal services. \* Online directory of free or low-cost legal services: boussolejuridique.ca/en

**Eligibility:** people, groups of people or legal persons who are not eligible for legal aid and who are unable to pay for the services of a lawyer or a notary

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** application fees

**Financing:** foundations, self-financing

**Legal status:** non-profit organization

### LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax:** 514 864-7329

**Website:** www.aidejuridiquedemontreal.ca/en/find-a-service-point

**Email:** baj.centresud@ccjm.qc.ca

**Services:** Legal aid office in administrative, civil and family law.

**Eligibility:** persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

### **LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW - MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 900, Ville-Marie, Montréal, QC, H2L 4M7

**514 864-2111 ext. 6300 Fax:** 514 842-1970

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.criminalistes@ccjm.qc.ca](mailto:baj.criminalistes@ccjm.qc.ca)

**Services:** Legal aid office in criminal and penal law and health law. \* Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

**Eligibility:** persons or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Montréal Island

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, legal aid mandate: 13h00 to 16h00, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

### **LEGAL AID OFFICE - IMMIGRATION LAW - MONTRÉAL**

425 Maisonneuve Boulevard West, Suite 400, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 849-5004

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.immigration@ccjm.qc.ca](mailto:baj.immigration@ccjm.qc.ca)

**Services:** Legal aid office in immigration Law. \* Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

**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:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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 website

**Financing:** municipal, provincial

**Legal status:** parapublic organization

### **MCGILL LEGAL INFORMATION CLINIC**

3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 0E7

**438 944-6545**

**Website:** [licm.ca](http://licm.ca)

**Email:** [pub.licm@mail.mcgill.ca](mailto:pub.licm@mail.mcgill.ca)

**Services:** Legal information clinic and advocacy. \* Legal information request form: [click here](#) \* Referral and online resources: [click here](#) \* Accompaniment in court: Tribunal administratif du logement or Small Claims Court. \* Information: housing, immigration, labour, obligations, family, municipal law, business and non-profit law, etc. \* Just Info workshops: legal information sessions in a simple and useful way. \* Commissioner for oaths: to make official an oath taken in his presence. \* Representation of McGill students in disciplinary matters.

**Eligibility:** legal information and accompaniment in court: general public, just info workshops: community organizations

**Coverage area:** Greater Montréal



**Hours:** legal information: Monday and Wednesday 9h00 to 17h00, Tuesday and Thursday 11h00 to 19h00, Friday 9h00 to 15h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## MONTRÉAL - CITY

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

311

**Website:** montreal.ca/en

**Email:** bam@ville.montreal.qc.ca

**Services:** Central administration. \* Info-travaux. \* Online streaming of municipal council and executive board sessions. \* Library: online access to Nelligan directory, user record and online renewal. \* Online day camps directory: [www.montreal.ca/en/topics/day-camps](http://www.montreal.ca/en/topics/day-camps) \* Online ticket payment. \* Property assessment records. \* Info-collectes: information on garbage, recyclable material and bulky waste collection schedules. \* Info-towing: [www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index](http://www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index) \* Inspection, corrective action and evacuation in a dwelling with issues around sanitation, maintenance or safety: [www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation](http://www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation) \* Online registration for recreational activities. \* Consultation of tax account. \* Consultation of contracts and grants approved by the executive board and municipal council. \* Removal of dead animals found on private or public property. \* Sale of city maps.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** city maps: \$32 for the color version, \$6 for the black and white version

**Financing:** municipal

**Legal status:** municipal agency

## MONTRÉAL CITY MISSION

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128** Fax: 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

## MOUVEMENT ACTION JUSTICE

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 524-3776**

**Website:** [www.maj-quebec.com](http://www.maj-quebec.com)

**Email:** [info@maj-quebec.com](mailto:info@maj-quebec.com)

**Services:** Action against abuses of authority. \* Information line. \* Counselling, active listening, psychological support and accompaniment. \* Police ethics complaints writing service. \* MAJ Legal Clinic. \* Monthly self-help group for people facing a problematic legal situation. \* Advocacy for Duplessis orphans.

**Eligibility:** people facing issues with the legal or police system or DPJ

**Capacity:** self-help group: 1 to 25 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 15h00, legal clinic: Tuesday 16h30

**Fees:** MAJ clinic membership: \$10

**Financing:** donations, grants

**Legal status:** non-profit organization

### **MUNICIPAL COURT OF THE CITY OF MONTRÉAL**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 3B9

**514 872-2964**

**Website:** montreal.ca/en/topics/municipal-court

**Email:** cour-municipale@montreal.ca

**Services:** Court operating under the authority of the Direction des services judiciaires of the Service des affaires juridiques et de l'évaluation foncière and governed by the Municipal Courts Act. \* Jurisdiction in civil, criminal and penal matters. \* Processing of traffic and parking tickets. \* Online traffic and parking ticket payment: [servicesenligne2.ville.montreal.qc.ca/sel/constats/accueil.do](http://servicesenligne2.ville.montreal.qc.ca/sel/constats/accueil.do)

**Coverage area:** Montréal

**Hours:** Monday, Tuesday, Wednesday, Friday 8h30 to 16h30, Thursday 9h00 to 16h30

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax: 514 499-9436**

**Website:** [www.nfcm.org/en](http://www.nfcm.org/en)

**Email:** [info@nfcm.org](mailto:info@nfcm.org)

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

### **OPTION CONSOMMATEURS**

507 Place d'Armes, Suite 1101, Ville-Marie, Montréal, QC, H2Y 2W8

**1 888 412-1313 Fax: 514 598-8511**

**Website:** [option-consommateurs.org/en](http://option-consommateurs.org/en)

**Email:** [info@option-consommateurs.org](mailto:info@option-consommateurs.org)

**Services:** Information and advocacy in the areas of consumption, credit and debt. \* Budget counselling to help consumers balance their budget. \* Legal information for consumers about rights and appeals. \* Information sessions for community organizations on budgeting, debt, economic violence and consumer law. \* Tips and tools for seniors to manage a budget, protect themselves from fraud or financial abuse. \* Legal information line for seniors. \* Prêt du quartier: microcredit program providing access to small loans of \$200 to 800 to meet an unexpected and non-recurring expense for an immediate need.

**Eligibility:** consumers, people in vulnerable situations, seniors, community organizations, Prêt du quartier: people on a low income who cannot get a loan from a financial institution, have a certain capacity of reimbursement and are or wish to become a member of a caisse populaire Desjardins

**Coverage area:** budget counselling: Hochelaga-Maisonneuve, Le Plateau-Mont-Royal, Outremont, Rosemont, Ville-Marie, Prêt du quartier: Centre-Sud, Le Plateau-Mont-Royal, legal information and seniors line: Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, federal, self-financing

**Legal status:** Cooperative

### PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE

200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4

**514 283-4584 Fax:** 514 283-5484

**Website:** [www.canada.ca/en/parole-board.html](http://www.canada.ca/en/parole-board.html)

**Email:** [info-que@pbc-clcc.gc.ca](mailto:info-que@pbc-clcc.gc.ca)

**Services:** Administrative tribunal in charge of parole and record suspension decisions. \* Promoting the gradual reintegration of offenders into society. \* Recommendations for clemency. \* Information and support for victims on the follow-up of judicial sentences during the parole process. \* Awareness raising, education and mobilization of organizations and the public. \* Decision registry.

**Eligibility:** federal offenders in reintegration process, victims of crimes

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** federal

**Legal status:** federal government agency

### QUEBEC CANCER FOUNDATION

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063 Fax:** 514 527-1943

**Website:** [cancerquebec.ca/en](http://cancerquebec.ca/en)

**Email:** [cancerquebec.mtl@fqc.qc.ca](mailto:cancerquebec.mtl@fqc.qc.ca)

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC**

425 De Maisonneuve Boulevard West, 3rd Floor, Suite 301, Ville-Marie, Montréal, QC, H3A 3G5

**1 800 561-9749** TTY: 1 800 361-3939

**Website:** [www.ramq.gouv.qc.ca/en](http://www.ramq.gouv.qc.ca/en)

**Services:** Administration of public health and prescription drug insurance plans and other programs entrusted to it. General services \* Customer services by phone for information, registration, renewal and other requests. \* Individual's eligibility management. \* Remuneration of health professionals and personal information protection. \* Quebec health insurance complaints. Accommodation and domestic help \* Financial Assistance Program for Domestic Help Services (FAPDHS): [www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic](http://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/na-domestic) Appliance, devices and specialized garments \* Devices that compensate for a physical deficiency program: purchase, adjustment, replacement, repair and, in certain cases, adaptation of prosthetics, orthotics, ambulation aid, wheelchairs or posture assists. \* Ostomy Appliances Program: financial support for the purchase or replacement of ostomy bags and other ostomy-related products. \* External Breastforms Program: reimbursement for the purchase or replacement cost of external breastforms. \* Program Regarding Bandages and Compression Garments Used to Treat Lymphedema. Hearing and vision \* Hearing aid program: purchase of hearing aids or assistive listening devices. \* Visual aid program: purchase or loan of daily living aids and financial support for a guide dog. \* See Better to Succeed: financial assistance program offering a reimbursement of \$250 following the purchase of eyeglasses or contact lenses for any child under the age of 18. \* Payment program for optometric services for seniors. Prescription drugs and medical services \* Free access to prescription drugs: self-tests for COVID-19, medicines for the treatment of sexually transmitted and blood-borne diseases, naloxone, abortion pill, pharmaceutical treatments for COVID-19 and medicines for chemoprophylaxis and treatment of tuberculosis. \* Temporary reimbursement measures for in vitro fertilization. Forms \* Online form to register on the Registre des consentements au don d'organes et de tissus: [www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation](http://www.ramq.gouv.qc.ca/en/citizens/Pages/consent-organ-donation) \* Advance medical directives online form: [www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form](http://www.ramq.gouv.qc.ca/en/citizens/Pages/advance-medical-directives-download-the-form)

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**SOCIÉTÉ QUÉBÉCOISE D'INFORMATION JURIDIQUE**

1010 De La Gauchetière Street West, Suite 1000, Ville-Marie, Montréal, QC, H3B 2N2

**1 800 363-6718**

**Website:** [soquij.qc.ca/a/fr/english](http://soquij.qc.ca/a/fr/english)

**Email:** [info@soquij.qc.ca](mailto:info@soquij.qc.ca)

**Services:** Analysis, organization, enrichment and dissemination of law in Québec. \* Accompaniment for professionals. \* Services for citizens: dissemination of court and administrative decisions. \* Services for students and teachers.

**Eligibility:** professionals, students, teachers, general public

**Coverage area:** Province of Québec

**Hours:** telecommuting services, Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

**STELLA, L'AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

**514 285-1599** Fax: 514 285-2465

**Website:** [www.chezstella.org](http://www.chezstella.org)

**Email:** [info@chezstella.org](mailto:info@chezstella.org)

**Services:** Support for sex workers. \* Information and referral. \* Helpline. \* Accompaniment. \* Street workers. \* Outreach with incarcerated women. \* Distribution of needles and condoms. \* Bad client list and support in case of violence. \* Sociocultural and educational activities. \* Monthly dinner. \* Collective action. \* Advocacy. \* Medical clinic for women working in the sex industry. \* Naloxone kits distribution. \* Distribution and delivery of fentanyl test strips.

**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** [www.therefugeecentre.org](http://www.therefugeecentre.org)

**Email:** [info@therefugeecentre.org](mailto:info@therefugeecentre.org)

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE

1425 René-Lévesque Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3G 1T7

**514 873-2245** Fax: 514 864-8077

**Website:** [www.tal.gouv.qc.ca/en](http://www.tal.gouv.qc.ca/en)

**Services:** Specialized court regarding residential lease matters. \* Information on rights and obligations related to leases. \* Conciliation between landlords and tenants. \* Protection of tenants' rights. \* Assistance filling out court application forms. \* Online calculation tool for rent fixation: [www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) \* Online tool to access legal information about the rental lease: [justicebot.ca](http://justicebot.ca)

**Eligibility:** tenants, landlords

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

## TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISON

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278** Fax: 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd](http://www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Social affairs section sub-division. Review Board for mental disorder \* Evaluates the files of people charged with a criminal offence and found not responsible or unfit to stand trial by a criminal court. \* Assess the risk to public safety. \* Rules on the release or detention of individuals and assesses their mental health on an annual basis. Persons confined in a hospital \* Rules on cases concerning the Act respecting the protection of persons whose mental state presents a danger to themselves or to others.

**Eligibility:** people living with a mental health issue who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

## UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES

2348 Hochelaga Street, Ville-Marie, Montréal, QC, H2K 1H8

**514 527-3661 Fax:** 514 527-1153

**Website:** [uttam.quebec](http://uttam.quebec)

**Email:** [uttam@uttam.quebec](mailto:uttam@uttam.quebec)

**Services:** \* Phone information service on rights and remedies. \* Information meetings on compensation for work-related accidents and illnesses. \* Support and files follow-up. \* Popular education activities. \* Collective rights defense action.

**Eligibility:** workers victims of work related accidents or occupational diseases

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal

**Legal status:** non-profit organization

## VILLE-MARIE - BOROUGH

800 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4L8

**311 Fax:** 514 872-8347

**Website:** [ville.montreal.qc.ca/villemarie](http://ville.montreal.qc.ca/villemarie)

**Email:** [ville-marie@montreal.ca](mailto:ville-marie@montreal.ca)

**Services:** Points of service \* Accès Montréal Office offering information on services and activities: [montreal.ca/en/places/acces-montreal-office-ville-marie](http://montreal.ca/en/places/acces-montreal-office-ville-marie) \* Permit counter: [montreal.ca/en/places/permit-counter-ville-marie](http://montreal.ca/en/places/permit-counter-ville-marie) Information \* Info-collectes: [servicesenligne2.ville.montreal.qc.ca/sel/infocollectes](http://servicesenligne2.ville.montreal.qc.ca/sel/infocollectes) \* INFO-travaux for location of infrastructure work: [click here](#) \* Consultation of public notices: [click here](#) Services \* Online services: [montreal.ca/en/articles/use-our-online-services-4775](http://montreal.ca/en/articles/use-our-online-services-4775) \* Accès Montréal card subscription. \* Issuance of identity and residence cards for people with no or precarious status. \* Cat and dog licences. \* 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. \* Free snow removal service for people with reduced mobility. \* Application of housing sanitation regulation. \* Removal of dead animals found on private or public property. \* Subsidy for the use of sustainable menstrual products: reimbursement following the purchase of sustainable hygiene products (menstrual cups, washable sanitary pants, washable sanitary pads and washable inserts).

**Eligibility:** identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 8h30 à 16h30, except Wednesday 10h30 to 16h00

**Fees:** subsidy for sustainable menstrual products: reimbursement of 50% of pre-tax costs

**Financing:** municipal

**Legal status:** municipal agency

## YOUNG BAR OF MONTRÉAL

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8

**514 954-3448 Fax:** 514 954-3496

**Website:** [ajbm.qc.ca/en](http://ajbm.qc.ca/en)

**Email:** [servicesprobono@ajbm.qc.ca](mailto:servicesprobono@ajbm.qc.ca)

**Services:** Promotion of access to justice. \* Defense and promotion of its members' interests. \* Services of consultation and legal information. \* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. \* LET'S TALK LAW: legal consultation for youth 12 to 21 years old. \* Legal consultations to start a company. \* Annual legal helpline. \* Organization of charitable activities.

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** foundations, grants

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 226**

**Website:** [www.ydesfemmesmtl.org/en/community-services/caregivers](http://www.ydesfemmesmtl.org/en/community-services/caregivers)

**Email:** [prochesaidantes@ydesfemmesmtl.org](mailto:prochesaidantes@ydesfemmesmtl.org)

**Services:** \* Information, referral and support. \* Individual and family counselling. \* Support group. \* Legal information. \* Therapeutic workshops. \* Social and relaxation activities: yoga, meditation. \* Conferences in person and online. \* Respite care for participants. \* Specific support services for caregivers of people living with cancer.

**Eligibility:** women caregivers

**Coverage area:** Montréal Island

**Hours:** intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - LEGAL INFORMATION CLINIC**

1275, De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 293**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [infojuridique@ydesfemmesmtl.org](mailto:infojuridique@ydesfemmesmtl.org)

**Services:** Legal resources and information. \* Legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. \* Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). \* Specialized reference. \* Commissioner of oaths. \* Workshops and thematic conferences.

**Eligibility:** individual consultations: women and their families, other services: general population

**Coverage area:** Greater Montréal

**Hours:** remote (by telephone and email): Monday to Friday, 9h00 to 17h00, in-person: Tuesday, Wednesday and Thursday 13h00 to 16h30

**Fees:** individual consultations: between 0 and \$20 according to income, commissioner of oaths: between 0 and \$5, other services: free

**Financing:** self-financing, grants, foundations

**Legal status:** non-profit organization

## Professional orders and associations

### ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC

2 Complexe Desjardins, East tower, 30th floor, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 844-0803** Fax: 514 844-6786

**Website:** [www.orthoquebec.ca](http://www.orthoquebec.ca)

**Email:** [aoq@fmsq.org](mailto:aoq@fmsq.org)

**Services:** Professional association. \* Advocacy of members' professional, social and economic interests. \* Contribution to the development of orthopedic surgery and traumatology. \* Continued training. \* Directory of orthopedic surgeons: [www.orthoquebec.ca/repertoire](http://www.orthoquebec.ca/repertoire)

**Coverage area:** Province of Québec

**Fees:** membership fees

**Financing:** membership fees

**Legal status:** non-profit organization

### ASSOCIATION DE PLANIFICATION FISCALE ET FINANCIÈRE

1550 Metcalfe Street, Suite 600-M, Ville-Marie, Montréal, QC, H3A 1X6

**1 877 866-2733** Fax: 514 866-0113

**Website:** [www.apff.org/fr](http://www.apff.org/fr)

**Email:** [apff@apff.org](mailto:apff@apff.org)

**Services:** Independent organization dedicated to the advancement and dissemination of knowledge and betterment of its members skills related to taxation. \* Representation of members with tax authorities to better tax laws administration. \* Participation to public consultations about taxation reforms. \* Gathers professionals from diverse disciplines working in the economy field. \* Training and online courses.

**Eligibility:** professionals (accountants, lawyers, notaries, tax experts, economists, etc.) active in the field of taxation and financial planning

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** regular annual membership: \$370, discounted membership for young practitioner, public servant, professors, people 65 years and over or retired people: \$185, full-time student: free

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1B4

**514 350-5101**

**Website:** [www.allerg.qc.ca](http://www.allerg.qc.ca)

**Email:** [aaiq@fmsq.org](mailto:aaiq@fmsq.org)

**Services:** \* Pollen forecasts on Météo Média: [click here](#) \* Information on respiratory, food, skin, systemic and immunodeficiency allergies. \* Online directory of allergists. \* Representation of members.

**Eligibility:** allergists and immunologists, online service: general public

**Coverage area:** Province of Québec

**Financing:** contributions

**Legal status:** non-profit organization

### ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC

Confidential Address

**514 350-5124** Fax: 514 350-5174

**Website:** [www.amoq.org](http://www.amoq.org)

**Email:** [amoq@smsq.org](mailto:amoq@smsq.org)

**Services:** \* Members' representation. \* Information to the public. \* Ophthalmologists' directory: [www.amoq.org/repertoire/Index.asp](http://www.amoq.org/repertoire/Index.asp)



**Eligibility:** ophtalmologists, general public

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** membership fees

**Legal status:** non-profit organization

### **ASSOCIATION DES NEUROLOGUES DU QUÉBEC**

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 350-5122514 350-5122**

**Website:** anq.qc.ca

**Email:** anq@fmsq.org

**Services:** Professional union part of the Fédération des médecins spécialistes du Québec. \* Promotion of the professional, social and economical interests of its members. \* Directory of Québec's neurologists:

<https://anq.qc.ca/trouver-un-neurologue/> \* Directory of resource in neurology: <https://anq.qc.ca/formations-et-liens-utiles/>

**Eligibility:** neurologists, general public

**Coverage area:** Province of Québec

**Fees:** membership: annual fee

**Financing:** membership fees

**Legal status:** non-profit organization

### **ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC**

1255 Robert-Bourassa Boulevard, Suite 1400, Ville-Marie, Montréal, QC, H3B 3B2

**514 288-6272 Fax: 514 288-7071**

**Website:** www.aoqnet.qc.ca

**Email:** info@aoqnet.qc.ca

**Services:** Professional association. \* Varied online information on eye health. \* Representation and advocacy of economical, professional, political and social interests of members. \* Online directory of Québec's optometrists: [www.aoqnet.qc.ca/recherche.php](http://www.aoqnet.qc.ca/recherche.php)

**Eligibility:** optometrists, optometry students, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Fees:** members: annual fee

**Financing:** membership fees

**Legal status:** non-profit organization

### **ASSOCIATION DES PÉDIATRES DU QUÉBEC**

150 Sainte-Catherine Street West, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 350-5127 Fax: 514 350-5177**

**Website:** pediatres.ca

**Email:** pediatrie@fmsq.org

**Services:** \* Promotion of pediatric medicine in Québec. \* Representation and defence of the association's members. \* Online directory: APQ

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees

**Legal status:** non-profit organization

**ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC**

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**514 849-4969**

**Website:** [www.gynecoquebec.com](http://www.gynecoquebec.com)

**Email:** [info@gynecoquebec.com](mailto:info@gynecoquebec.com)

**Services:** Professional association. \* Promotion of members' interests. \* Continuing education. \* Gynecologists directory: <https://www.gynecoquebec.com/en/find-a-specialist/>

**Eligibility:** member gynecologists and obstetricians

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

**BAR OF THE PROVINCE OF QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411 Fax:** 514 954-3477

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [infobarreau@barreau.qc.ca](mailto:infobarreau@barreau.qc.ca)

**Services:** Professional association of lawyers of Québec. \* Complaints reception: [www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer](http://www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer). \* Online lawyers directory: [www.barreau.qc.ca/en/directory-lawyers](http://www.barreau.qc.ca/en/directory-lawyers) \* Guides « Seul devant la cour »:

[www.fondationdubarreau.qc.ca/guides-juridiques](http://www.fondationdubarreau.qc.ca/guides-juridiques)\* Urgence avocat (all regions, immigraton, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for informations provided by volunteer criminal lawyer. \* Housing

phoneline: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual

harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phoneline: Monday

to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phoneline: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

**CHAMBRE DES NOTAIRES DU QUÉBEC**

2045 Stanley Street, Suite 101, Ville-Marie, Montréal, QC, H3A 2V4

**1 800 263-1793 Fax:** 514 879-1923

**Website:** [www.cnq.org/en](http://www.cnq.org/en)

**Email:** [information@cnq.org](mailto:information@cnq.org)

**Services:** Professional association of notaries of Québec. \* Protection of the public by monitoring the practice of the profession and receiving complaints. \* Promotion of the preventive legal practice. \* Organ donors' consent registry. \* Testamentary dispositions and protection mandates registry. \* Authenticity and quality certificates. \* Notarial library: database of legal information available online for a fee. \* Grant program for university research in the legal field. \* Notary directory: <http://trouverunnotaire.cnq.org/en/find-a-notary.html> \*

Online information on joint tenancy: <http://www.lacopropriete.info/> \* Online job, internship and volunteer bank.

**Eligibility:** general public, notaries

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h15 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**COLLÈGE DES MÉDECINS DU QUÉBEC**

1250 René-Lévesque Boulevard West, Suite 3500, Ville-Marie, Montréal, QC, H3B 0G2

**1 888 633-3246**

**Website:** [www.cmq.org/home.aspx](http://www.cmq.org/home.aspx)

**Email:** [info@cmq.org](mailto:info@cmq.org)

**Services:** Professional order. \* Verification of the future physicians skills and their aptitude to practice medicine. \* Promotion of the maintenance of skills. \* Assessment and monitoring of the professional practice. \* Control of the illegal practice of medicine. \* Reception and study of complaints. \* Authentication of physician's signature. \* Access to medical records kept. \* Position-taking in major health debates of public concern. \* Promotion of quality medicine. \* Information on permit applications. \* Physicians' directory: <https://www.cmq.org/en/directory> \* Information and list of disciplinary decisions: <https://www.cmq.org/en/protect-the-public/follow-disciplinary-file/disciplinary-decisions>

**Eligibility:** physicians, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

**COLLÈGE DES NATUROPATHES DU QUÉBEC**

925 de Maisonneuve Boulevard West, Suite 264, Ville-Marie, Montréal, QC, H3A 0A5

**514 442-6658**

**Website:** [naturopathie-cnq.org](http://naturopathie-cnq.org)

**Email:** [info@naturopathie-cnq.org](mailto:info@naturopathie-cnq.org)

**Services:** \* Information. \* Members' interests advocacy. \* Members' online directory: [naturopathie-cnq.org/trouver-un-naturopathe](http://naturopathie-cnq.org/trouver-un-naturopathe)

**Eligibility:** general public and members

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees

**Legal status:** non-profit organization

**FÉDÉRATION DES MÉDECINS SPÉCIALISTES DU QUÉBEC**

2 Complexe Desjardins, Suite 3000, Ville-Marie, Montréal, QC, H5B 1G8

**1 800 561-0703**

**Website:** [fmsq.org/en](http://fmsq.org/en)

**Email:** [info@fmsq.org](mailto:info@fmsq.org)

**Services:** Defense and promotion of economic, professional, scientific and social interests of specialized physicians. \* Representation in negotiations with the government.

**Eligibility:** specialized physicians

**Capacity:** over 10,000 members

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** membership fees

**Legal status:** non-profit organization

**INSURANCE BUREAU OF CANADA**

1981 McGill College Avenue, Suite 620, Ville-Marie, Montréal, QC, H3A 2Y1

**1 877 288-4321**

**Website:** [bac-quebec.qc.ca/en](http://bac-quebec.qc.ca/en)

**Email:** [cinfo@bac-quebec.qc.ca](mailto:cinfo@bac-quebec.qc.ca)

**Services:** Association representing the majority of property and casualty insurers (home, commercial, automobile and liability insurance). \* Participation in the preparation of draft laws. \* Education, prevention, awareness. \* Public information.

**Eligibility:** consumers, insurance industry counsellors

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** self-financing  
**Legal status:** non-profit organization

### ORDRE DES ACUPUNCTEURS DU QUÉBEC

505 René-Lévesque Boulevard West, Suite 601, Ville-Marie, Montréal, QC, H2Z 1Y7  
**1 800 474-5914** Fax: 514 523-9669  
**Website:** [www.o-a-q.org](http://www.o-a-q.org)  
**Email:** [info@o-a-q.org](mailto:info@o-a-q.org)

**Services:** Professional order. \* Public protection, access control to the acupuncturist profession and regulation of its exercise. \* Management of public complaints. \* Quality control of the training and practice of acupuncturists. \* Promotion of accessibility to acupuncture care. \* Acupuncturist directory: [o-a-q.org/fr/acc-public/accueil.aspx](http://o-a-q.org/fr/acc-public/accueil.aspx)

**Eligibility:** acupuncturists, general public  
**Coverage area:** Province of Québec  
**Financing:** membership fees, self-financing  
**Legal status:** non-profit organization

### ORDRE DES ADMINISTRATEURS AGRÉÉS DU QUÉBEC

1050 du Beaver Hall Hill, Suite 360, Ville-Marie, Montréal, QC, H2Z 0A5  
**1 800 465-0880**  
**Website:** [www.adma.qc.ca](http://www.adma.qc.ca)  
**Email:** [info@adma.qc.ca](mailto:info@adma.qc.ca)

**Services:** Professional order. \* Public protection, monitoring compliance with professional standards and norms in administration. \* Participation in the advancement of administration. \* Complaints management. \* Pooling and sharing of knowledge and experiences. \* Networking events. \* Management trainings. \* Member directory: [www.adma.qc.ca/repertoire](http://www.adma.qc.ca/repertoire)

**Eligibility:** general public, administrators  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
**Financing:** membership fees, self-financing  
**Legal status:** non-profit organization

### ORDRE DES AGRONOMES DU QUÉBEC

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5  
**1 800 361-3833** Fax: 514 596-2974  
**Website:** [oaq.qc.ca](http://oaq.qc.ca)  
**Email:** [agronome@oaq.qc.ca](mailto:agronome@oaq.qc.ca)

**Services:** Professional order. \* Public protection, monitoring the practice of the agronomist profession. \* Maintenance and development of competence, professionalism and commitment of agronomists to users of agronomic services. \* Find a professional: [here](#)

**Eligibility:** general public, agronomists  
**Coverage area:** Province of Québec  
**Hours:** regular schedule: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: June 28 to August 30 2024, Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** membership fees, self-financing  
**Legal status:** non-profit organization

**ORDRE DES ARCHITECTES DU QUÉBEC**

420 McGill Street, Suite 200, Ville-Marie, Montréal, QC, H2Y 2G1

**514 937-6168**

**Website:** [www.oaq.com](http://www.oaq.com)

**Email:** [info@oaq.com](mailto:info@oaq.com)

**Services:** Professional order. \* Public protection, regulation and control of the practice of the architect profession. \* Promotion of architecture. \* Permit application forms. \* Architects repertory: [www.oaq.com/services-de-larchitecte/trouver-un-architecte](http://www.oaq.com/services-de-larchitecte/trouver-un-architecte)

**Eligibility:** general public, architects

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 13h30 by appointment

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES COMPTABLES PROFESSIONNELS AGRÉÉS DU QUÉBEC**

5 Place Ville Marie, Suite 800, Ville-Marie, Montréal, QC, H3B 2G2

**1 800 363-4688 Fax:** 514 843-8375

**Website:** [cpaquebec.ca/en](http://cpaquebec.ca/en)

**Email:** [info@cpaquebec.ca](mailto:info@cpaquebec.ca)

**Services:** Professional order. \* Public protection. \* Licensing of candidates to the profession. \* Monitoring of the practice of the profession, complaints treatment and detection of illegal practice. \* Continuous training. \* Professionals directory: [cpaquebec.ca/en/find-a-cpa](http://cpaquebec.ca/en/find-a-cpa)

**Eligibility:** general public, chartered professional accountants

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES CONSEILLERS EN RESSOURCES HUMAINES AGRÉÉS**

1200 McGill College Avenue, Suite 1400, Ville-Marie, Montréal, QC, H3B 4G7

**1 800 214-1609**

**Website:** [ordrecrha.org](http://ordrecrha.org)

**Email:** [info@ordrecrha.org](mailto:info@ordrecrha.org)

**Services:** Professional order. \* Public protection and permit issue to new members. \* Monitoring of the practice of the profession. \* Continuous training. \* Professional directory: [ordrecrha.org/protection-du-public/repertoire-des-membres](http://ordrecrha.org/protection-du-public/repertoire-des-membres)

**Eligibility:** general public, human resources management professionals

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES DENTISTES DU QUÉBEC**

800 René-Lévesque Boulevard West, Suite 1640, Ville-Marie, Montréal, QC, H3B 1X9

**1 800 361-4887 Fax:** 514 393-9248

**Website:** [www.odq.qc.ca](http://www.odq.qc.ca)

**Email:** [president@odq.qc.ca](mailto:president@odq.qc.ca)

**Services:** Professional order. \* Public protection, complaint reception, and monitoring compliance with practice and ethical conduct standards. \* Continuing education and information on the profession. \* Promotion of oral health among the population. \* To find a dentist: [www.odq.qc.ca/trouver-un-dentiste](http://www.odq.qc.ca/trouver-un-dentiste)

**Eligibility:** general public, dentists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Financing:** membership fees

**Legal status:** non-profit organization

### **ORDRE DES DIÉTÉTISTES NUTRITIONNISTES DU QUÉBEC**

550 Sherbrooke Street West, West Tower, Suite 1855, Ville-Marie, Montréal, QC, H3A 1B9

**1 888 393-8528**

**Website:** [odnq.org](http://odnq.org)

**Email:** [info@odnq.org](mailto:info@odnq.org)

**Services:** Professional order. \* Public protection and quality control of the professional act. \* Promotion of the importance of nutrition, healthy eating and nutritional care. \* Online directory: [odnq.org/trouver-une-dietetiste-nutritionniste](http://odnq.org/trouver-une-dietetiste-nutritionniste)

**Eligibility:** general public, dietitians

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h30 and 13h30 to 16h30

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

### **ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC**

2021 Union Avenue, Suite 920, Ville-Marie, Montréal, QC, H3A 2S9

**1 800 265-5778 Fax:** 514 844-0478

**Website:** [www.oeq.org](http://www.oeq.org)

**Email:** [ergo@oeq.org](mailto:ergo@oeq.org)

**Services:** Professional order. \* Public protection and quality control of the professional services. \* Complaints reception and treatment. \* Regulation of the exercise of the profession, support to skills development. \*

Directory of occupational therapists in the private sector: [www.oeq.org/m-informer/trouver-un-ergotherapeute.html](http://www.oeq.org/m-informer/trouver-un-ergotherapeute.html)

**Eligibility:** general public, occupational therapists

**Coverage area:** Province of Québec

**Hours:** offices: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, telephone service: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### **ORDRE DES ÉVALUATEURS AGRÉÉS DU QUÉBEC**

1050 Côte du Beaver Hall, 14th floor, Ville-Marie, Montréal, QC, H2Z 0A5

**1 800 982-5387 Fax:** 514 281-0120

**Website:** [oeaq.qc.ca](http://oeaq.qc.ca)

**Email:** [oeaq@oeaq.qc.ca](mailto:oeaq@oeaq.qc.ca)

**Services:** Professional order. \* Protection of the public interest by ensuring the quality of the professional acts of the members. \* Monitoring of the profession and professional development. \* Complaints reception and treatment. \* Appraisers directory: [w12.eudonet.com/specif/eudo\\_07390/web/index.html#/tableauDesMembres](http://w12.eudonet.com/specif/eudo_07390/web/index.html#/tableauDesMembres)

**Eligibility:** general public, chartered appraisers

**Capacity:** 1,100 members

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### **ORDRE DES GÉOLOGUES DU QUÉBEC**

1200 McGill College Avenue, Suite 1500, Ville-Marie, Montréal, QC, H3B 4G7

**514 278-6220**

**Website:** [ogq.qc.ca](http://ogq.qc.ca)

**Email:** [secretariat@ogq.qc.ca](mailto:secretariat@ogq.qc.ca)

**Services:** Professional order. \* Protection of the public in all matters linked to the practice of geology in Québec. \* Control of the competency and practice of geologists and surveillance of the illegal practice of the profession. \* Complaints reception. \* Directory of geologists:

[ogq.connexence.com/ext/ogq/repertoire/index.html#](http://ogq.connexence.com/ext/ogq/repertoire/index.html#)

**Eligibility:** general public, geologists

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, by appointment

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

## ORDRE DES HYGIÉNISTES DENTAIRES DU QUÉBEC

606 Cathcart Street, Suite 700, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 361-2996 Fax:** 514 284-3147

**Website:** [ohdq.com](http://ohdq.com)

**Email:** [info@ohdq.com](mailto:info@ohdq.com)

**Services:** Professional order. \* Information on dental hygiene and oral diseases. \* Protection of the public, information about the profession. \* Complaints reception. \* Continuous training. \* Directory of dental hygienists:

[ohdq.com/public/la-profession/rechercher-un-membre](http://ohdq.com/public/la-profession/rechercher-un-membre)

**Eligibility:** general public, dental hygienists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 12h00 and 13h00 to 16h30

**Financing:** membership fees

**Legal status:** non-profit organization

## ORDRE DES INGÉNIEURS DU QUÉBEC

1801 McGill College Avenue, 6th floor, Ville-Marie, Montréal, QC, H3A 2N4

**1 800 461-6141**

**Website:** [www.oiq.qc.ca/en](http://www.oiq.qc.ca/en)

**Email:** [sac@oiq.qc.ca](mailto:sac@oiq.qc.ca)

**Services:** Professional order. \* Protection of the public. \* Supervision of the practice and control of the access to the practice of the profession. \* Complaints reception. \* Professional directory:

[membres.oiq.qc.ca/OIQ/Public/En/Directory/Search.aspx](http://membres.oiq.qc.ca/OIQ/Public/En/Directory/Search.aspx)

**Eligibility:** public, engineers

**Capacity:** 70,000 members

**Coverage area:** Province of Québec

**Hours:** offices: Monday to Friday 9h00 to 17h00, on appointment on Fridays, phone: Monday to Friday 8h30 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## ORDRE DES OPTICIENS D'ORDONNANCES DU QUÉBEC

606 Cathcart Street, Suite 600, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 563-6345**

**Website:** [opticien.qc.ca](http://opticien.qc.ca)

**Email:** [ordre@opticien.qc.ca](mailto:ordre@opticien.qc.ca)

**Services:** Professional order. \* Directory of member professionals: [click here](#) \* How to file a complaint: [click here](#) \* Protection of the public and professional inspection. \* Continuous education program and supervision of professionals in the field of oculo-visual products.

**Eligibility:** general public, dispensing opticians

**Coverage area:** Province of Québec

**Fees:** opticians: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES OPTOMÉTRISTES DU QUÉBEC**

1265 Berri Street, Suite 505, Ville-Marie, Montréal, QC, H2L 4X4

**1 888 499-0524 Fax:** 514 499-1051

**Website:** www.ooq.org

**Email:** info@ooq.org

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Continuing education and Guide to clinical practice. \* Discipline and control of illegal practice and usurpation of title. \* Control of admission to the profession, regulation and professional inspection.

**Eligibility:** general public, optometrists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, summer: closed on Friday afternoons

**Fees:** optometrists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC**

630 Sherbrooke Street West, Suite 800, Ville-Marie, Montréal, QC, H3A 1E4

**1 888 232-9123 Fax:** 514 282-9541

**Website:** www.ooaq.qc.ca

**Email:** info@ooaq.qc.ca

**Services:** Professional order. \* Online directory of speech-language pathologists and audiologists in private practice: [click here](#) \* How to file a complaint: [click here](#) \* Information and documentation: hearing, language, voice, speech, communication and their disorders. \* Protection of the public and control of admission to the profession of speech and language therapist and audiologist. \* Support for the maintenance and development of the competence of its members.

**Eligibility:** general public, speech therapists and audiologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h30 to 16h30

**Fees:** speech therapists and audiologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES PHARMACIENS DU QUÉBEC**

266 Notre-Dame Street West, Suite 301, Ville-Marie, Montréal, QC, H2Y 1T6

**1 800 363-0324 Fax:** 514 284-3420

**Website:** www.opq.org

**Email:** ordrepharm@opq.org

**Services:** Professional order. \* Public protection. \* Implementation of Pharmacy law and regulations. \* Information and brochures available to the public. \* Complaints reception. \* Continuous training. \* Professionals directory: [www.opq.org/trouver-un-pharmacien](http://www.opq.org/trouver-un-pharmacien)

**Eligibility:** general public, pharmacists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** membership fees

**Legal status:** non-profit organization

**ORDRE DES PODIATRES DU QUÉBEC**

1050 Beaver Hall Hill, 14th floor, PO Box 1440, Ville-Marie, Montréal, QC, H2Z 0A5

**1 888 514-7433**

**Website:** www.ordredespodiatres.qc.ca

**Email:** info@ordredespodiatres.qc.ca



**Services:** Professional order. \* Informs the public and ensures the implementation of laws and regulations. \* Complaints reception. \* Controls the access to the podiatrist title. \* Repertory of podiatrists:  
[www.ordredespodiatres.qc.ca/trouver-un-podiatre](http://www.ordredespodiatres.qc.ca/trouver-un-podiatre)

**Eligibility:** podiatrists, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** membership fees

**Legal status:** non-profit organization

## ORDRE DES SAGES-FEMMES DU QUÉBEC

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 877 711-1313 Fax:** 514 286-0008

**Website:** [www.osfq.org](http://www.osfq.org)

**Email:** [info@osfq.org](mailto:info@osfq.org)

**Services:** Professional order. \* Directory of member midwives: [click here](#) \* How to lodge a complaint: [click here](#) \* Information and documents: giving birth after caesarean section, where to give birth, birth centres, etc. \* Continuous education. \* Protection of the public through admission control, monitoring of the quality of practice and the disciplinary process.

**Eligibility:** general public, midwives

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00 from June 28 to August 30, 2024

**Fees:** midwives: annual membership

**Financing:** membership fees

**Legal status:** non-profit organization

## ORDRE DES TECHNOLOGUES EN PROTHÈSES ET APPAREILS DENTAIRES DU QUÉBEC

1200 McGill College Avenue, Suite 1500, Ville-Marie, Montréal, QC, H3B 4G7

**514 447-7593**

**Website:** [otpadq.com](http://otpadq.com)

**Email:** [info@otpadq.com](mailto:info@otpadq.com)

**Services:** Professional order. \* Directory of professionals: [click here](#) \* How to file a complaint: [click here](#) \* Information: types of dentures, orthodontic appliances, glossary of terms. \* Continuous education. \* Protection of the public, control of the practice of the profession by its members.

**Eligibility:** general public, dental technologists

**Coverage area:** Province of Québec

**Fees:** dental technologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## ORDRE DES TECHNOLOGUES PROFESSIONNELS DU QUÉBEC

606 Cathcart Street, Suite 505, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 561-3459 Fax:** 514 845-3247

**Website:** [www.otpq.qc.ca](http://www.otpq.qc.ca)

**Email:** [info@otpq.qc.ca](mailto:info@otpq.qc.ca)

**Services:** Professional order. \* Directory of professional technologists: [click here](#) \* Complaint or investigation request form: [click here](#) \* Protection of the public. \* Promotion and attestation of the competence of technologists.

**Eligibility:** general public, professional technologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** technologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES TRADUCTEURS, TERMINOLOGUES ET INTERPRÈTES AGRÉÉS DU QUÉBEC**

2021 Union Avenue, Suite 1108, Ville-Marie, Montréal, QC, H3A 2S9

**1 800 265-4815**

**Website:** [ottiaq.org/en](http://ottiaq.org/en)

**Email:** [info@ottiaq.org](mailto:info@ottiaq.org)

**Services:** Professional order. \* Directory of member professionals: [ottiaq.org/en/find-a-member](http://ottiaq.org/en/find-a-member) \* Online complaint form: [ottiaq.org/en/general-public/recourses](http://ottiaq.org/en/general-public/recourses) \* Circuit: information magazine for language professionals. \* Continuous education program. \* Protection of the public by overseeing the licensing of certified translators, terminologists and interpreters. \* Promoting the competence and professionalism of its members.

**Eligibility:** general public, certified translators, terminologists and interpreters

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 12h30 and 13h30 to 16h30, Friday 8h30 to 12h30 and 13h30 to 16h00, summer schedule: Monday to Thursday 8h30 to 12h30 and 13h30 to 16h30, Friday 8h30 to 13h30

**Fees:** translators, terminologists and interpreters: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE DES URBANISTES DU QUÉBEC**

420 McGill Street, Suite 402, Ville-Marie, Montréal, QC, H2Y 2G1

**514 849-1177**

**Website:** [ouq.qc.ca](http://ouq.qc.ca)

**Email:** [info@ouq.qc.ca](mailto:info@ouq.qc.ca)

**Services:** Professional order. \* Planning directory: [click here](#) \* How to file a complaint: [click here](#) \* Urbanité magazine. \* Activities and training. \* Protection of the public. \* Promotion of professional competence in town and country planning.

**Eligibility:** general public, urbanists

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 17h00

**Fees:** urbanists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE PROFESSIONNEL DES INHALOTHÉRAPEUTES DU QUÉBEC**

1440 Sainte-Catherine Street West, Suite 721, Ville-Marie, Montréal, QC, H3G 1R8

**1 800 561-0029 Fax:** 514 931-3621

**Website:** [www.opiq.qc.ca](http://www.opiq.qc.ca)

**Email:** [info@opiq.qc.ca](mailto:info@opiq.qc.ca)

**Services:** Professional order. \* Find a professional: [prive.opiq.qc.ca/webprive/Tableau\\_Acces.aspx](http://prive.opiq.qc.ca/webprive/Tableau_Acces.aspx) \* Complaint form: [www.opiq.qc.ca/protection-du-public/porter-plainte-au-bureau-du-syndic](http://www.opiq.qc.ca/protection-du-public/porter-plainte-au-bureau-du-syndic) \* Useful resources for everyone: let's talk about healthy lifestyle habits, quitting smoking, sleep hygiene, physical activity, diet, etc. \* Monitoring of the respiratory therapist profession. \* Support for updating and developing skills.

**Eligibility:** general public, respiratory therapists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** respiratory therapists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

**ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** [info@opsq.org](mailto:info@opsq.org)

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \* Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC

1050 Beaver Hall Hill, Suite 1400, Ville-Marie, Montréal, QC, H2Z 0A5

**1 800 567-7763 Fax:** 514 527-7314

**Website:** [www.optmq.org](http://www.optmq.org)

**Email:** [optmq@optmq.org](mailto:optmq@optmq.org)

**Services:** Professional order. \* Professional directory: [click here](#) \* Online complaint form: [click here](#) \* Documentation and public information centre. \* Continuous education. \* Protection of the public and control of the practice of the profession by its members.

**Eligibility:** general public, medical technologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** medical technologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## QUÉBEC ASSOCIATION OF GASTROENTEROLOGISTS

2 Complexe Desjardins, Door 3000, Ville-Marie, Montréal, QC, H5B 1G8

**Website:** [ageq.net](http://ageq.net)

**Email:** [ageq@fmsq.org](mailto:ageq@fmsq.org)

**Services:** Group of physicians specialized in gastroenterology in Québec. \* Representation of members. \* Training and congress. \* Members directory on the website only.

**Eligibility:** gastroenterologists

**Coverage area:** Province of Québec

**Financing:** membership fees

**Legal status:** non-profit organization

## SOCIÉTÉ QUÉBÉCOISE D'INFORMATION JURIDIQUE

1010 De La Gauchetière Street West, Suite 1000, Ville-Marie, Montréal, QC, H3B 2N2

**1 800 363-6718**

**Website:** [soquij.qc.ca/a/fr/english](http://soquij.qc.ca/a/fr/english)

**Email:** [info@soquij.qc.ca](mailto:info@soquij.qc.ca)

**Services:** Analysis, organization, enrichment and dissemination of law in Québec. \* Accompaniment for professionals. \* Services for citizens: dissemination of court and administrative decisions. \* Services for students and teachers.

**Eligibility:** professionals, students, teachers, general public

**Coverage area:** Province of Québec

**Hours:** telecommuting services, Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** self-financing

**Legal status:** parapublic organization

**SYNDIC DU BARREAU DU QUÉBEC**

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411** Fax: 514 954-3478

**Website:** [www.barreau.qc.ca/en](http://www.barreau.qc.ca/en)

**Email:** [syndic@barreau.qc.ca](mailto:syndic@barreau.qc.ca)

**Services:** \* Reception and assessment of complaints from the public against lawyers and members of the Barreau. \* Conciliation service for lawyers' fees. \* Info-Déonto: phone line for members of the Barreau du Québec concerning deontology matters and questions from the public. \* Info-harcèlement line (for lawyers and trainees only): reporting acts and situations of sexual harassment of which lawyers and trainees have been victims or witnesses. \* Faire affaire avec un avocat: information, billing, and laws and regulations concerning lawyers' services.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h15 to 17h00

**Fees:** none

**Financing:** membership fees

**Legal status:** non-profit organization

**SYNDICAT PROFESSIONNEL DES HOMÉOPATHES DU QUÉBEC**

1601 De Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 4M5

**1 800 465-5788** Fax: 514 525-2037

**Website:** [sphq.org](http://sphq.org)

**Email:** [accueil@sphq.org](mailto:accueil@sphq.org)

**Services:** \* Promotion of homeopathy. \* Information. \* Protection of the population. \* Referral to homeopaths: [sphq.org/trouver-un-homeopathe-membre](http://sphq.org/trouver-un-homeopathe-membre)

**Eligibility:** homeopaths, general public

**Coverage area:** Province of Québec

**Hours:** Wednesday and Thursday 9h00 to 12h00

**Financing:** membership fees

**Legal status:** non-profit organization

**YOUNG BAR OF MONTRÉAL**

445 Saint-Laurent Boulevard, Suite RC-03, Ville-Marie, Montréal, QC, H2Y 3T8

**514 954-3448** Fax: 514 954-3496

**Website:** [ajbm.qc.ca/en](http://ajbm.qc.ca/en)

**Email:** [servicesprobono@ajbm.qc.ca](mailto:servicesprobono@ajbm.qc.ca)

**Services:** Promotion of access to justice. \* Defense and promotion of its members' interests. \* Services of consultation and legal information. \* Preparation service for hearing: 20 minutes consultation for cases concerning the Court of Québec Small Claims Division, Tribunal administratif du logement, Tribunal administratif du travail, Labour Relation Division or the Court of Appeal. \* LET'S TALK LAW: legal consultation for youth 12 to 21 years old. \* Legal consultations to start a company. \* Annual legal helpline. \* Organization of charitable activities.

**Eligibility:** lawyers with less than 10 years of practice, general public, businesses

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** oundations, grants

**Legal status:** non-profit organization

## Support for offenders

### ACTION RÉFUGIÉS MONTRÉAL

1439 Sainte-Catherine Street West, Suite 2, Ville-Marie, Montréal, QC, H3G 1S6

**514 935-7799** Fax: 514 935-9848

**Website:** actionr.org

**Email:** info@actionr.org

**Services:** Reception, education and advocacy for refugees. \* Information and support. \* Sponsoring: contact between refugees and groups or individuals interested in sponsoring them. \* Pairing between refugee women and Montréal women for intercultural bonding. \* Detention program: weekly legal information visit for refugees detained in Laval's Immigration Holding Centre.

**Eligibility:** asylum seekers and refugees, potential sponsors

**Capacity:** 140 persons per year

**Coverage area:** sponsoring: Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, foundations

**Legal status:** non-profit organization

### ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845** Fax: 514 937-5548

**Website:** adpbc.org/en

**Email:** curabec@outlook.com

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### BAR OF THE PROVINCE OF QUÉBEC

445 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2Y 3T8

**1 844 954-3411** Fax: 514 954-3477

**Website:** www.barreau.qc.ca/en

**Email:** infobarreau@barreau.qc.ca

**Services:** Professional association of lawyers of Québec. \* Complaints reception: www.barreau.qc.ca/en/general-public/filing-complaint-against-lawyer/how-file-complaint-against-lawyer. \* Online lawyers directory: www.barreau.qc.ca/en/directory-lawyers \* Guides « Seul devant la cour »: www.fondationdubarreau.qc.ca/guides-juridiques\* Urgence avocat (all regions, immigrant, and juvenile): arrest hotline. \* Info-Criminal Law: phone line for information provided by volunteer criminal lawyer. \* Housing phoneline: legal consultation for landlords and tenants. \* JurisRéférence: small claims plan assistance, help with finding a lawyer or a mediator and phone legal assistance. \* Info-Déonto (for lawyers only): telephone line for questions about professional ethics. \* Info-Harcèlement (for lawyers and interns): hotline for reporting sexual harassment within the profession. \* Overseeing professional legal practice and ensures the protection of the public. \* Promotes law primacy.

**Eligibility:** Info-Criminal Law: people charged with a criminal or penal offense who are not represented by a lawyer and are not eligible for legal aid

**Coverage area:** Province of Québec, housing telephone line: Montréal, Laval, Joliette, Saint-Jérôme

**Hours:** Monday to Friday 8h15 to 17h00, June 24, 2024 to September 2, 2024: Monday to Thursday 8h15 to 17h00, Friday 8h15 to 12h00, Info-Criminal Law: Monday to Friday 9h00 to 17h00, housing phonenumber: Monday to Friday 8h30 to 16h30

**Fees:** Info-Criminal Law: none, housing phonenumber: 1 free consultation, JurisReference: variable

**Financing:** membership fees

**Legal status:** non-profit organization

### CLINIQUE DROITS DEVANT

105 Ontario Street East, Suite 214, Ville-Marie, Montréal, QC, H2X 1G9

**514 603-0265 Fax:** 514 303-2313

**Website:** [www.cliniquedroitsdevant.org/index.php/en/home](http://www.cliniquedroitsdevant.org/index.php/en/home)

**Email:** [intervention@cliniquedroitsdevant.org](mailto:intervention@cliniquedroitsdevant.org)

**Services:** \* Information regarding fines (legal proceeding), referrals. \* Assistance with accessing court records and with writing up complaints against police abuse. \* Accompaniment to the municipal court and the Palais de justice de Montréal. \* Training for counsellors. \* Support in making compensatory work or payment agreements.

**Eligibility:** homeless or marginalized people, their counsellors

**Coverage area:** Greater Montréal

**Hours:** drop-in reception on Mondays 9h00 to 12h00 and 13h00 to 16h00 and Tuesdays 13h00 to 16h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

### COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2034 Fax:** 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes. \* The Court of Quebec Addiction Treatment Program - Montréal (CQATP).

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

### **DIOGÈNE SUIVI COMMUNAUTAIRE**

Confidential Address

**514 874-1214 Fax:** 514 874-0703

**Website:** [www.diogeneqc.org](http://www.diogeneqc.org)

**Email:** [info@diogeneqc.org](mailto:info@diogeneqc.org)

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres.

\* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness

**Capacity:** 300

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL - CLIENTÈLE FÉMININE ET ACTIVITÉS SPÉCIALISÉES**

10 Saint-Antoine Street East, Suite 11.09, Ville-Marie, Montréal, QC, H2Y 4A5

**514 864-1892 Fax:** 514 873-0129

**Website:** [www.quebec.ca/securite-situations-urgence/services-correctionnels](http://www.quebec.ca/securite-situations-urgence/services-correctionnels)

**Services:** Body responsible for the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced for less than 2 years, alleged offenders

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** provincial government agency

### **DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST**

1265 Berri Street, Suite 600, Ville-Marie, Montréal, QC, H2L 4X4

**514 873-6651 Fax:** 514 664-1934

**Website:** [www.quebec.ca/securite-situations-urgence/services-correctionnels](http://www.quebec.ca/securite-situations-urgence/services-correctionnels)

**Services:** Body responsible of the activities related to offenders assessment and follow-up. \* Assessment of offenders. \* Development of correctional intervention plans. \* Administration of sentences in the community.

**Eligibility:** offenders sentenced for less than 2 years, alleged offenders

**Coverage area:** South and West of Montréal

**Financing:** provincial

**Legal status:** provincial government agency

### **DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax:** 514 849-2411

**Website:** [ymcaquebec.org/en](http://ymcaquebec.org/en)

**Email:** [laboussole@ymcaquebec.org](mailto:laboussole@ymcaquebec.org)

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

### **DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **DOWNTOWN YMCA CENTRE - COMPENSATORY WORK PROGRAM**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 ext. 21729 Fax:** 514 849-5224

**Website:** [www.ymcaquebec.org/en/community-programs/compensatory-work/compensatory-work](http://www.ymcaquebec.org/en/community-programs/compensatory-work/compensatory-work)

**Email:** [travaux.compensatoires@ymcaquebec.org](mailto:travaux.compensatoires@ymcaquebec.org)

**Services:** Program giving citizens the opportunity to perform different tasks as an alternative to paying off fines they cannot afford. \* Assistance with integration into organizations. \* Types of work: general manual labour, office work, work with various clientele.

**Eligibility:** citizens who are unable to pay their fines, non-profit, para-municipal, or para-governmental organizations

**Coverage area:** Montréal judicial district

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **JAIDE**

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**438 371-8090 Fax:** 438 555-555

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [avocats.jaide@gmail.com](mailto:avocats.jaide@gmail.com)



**Services:** Justice, Access, Inclusion, Diversity and Equity (JAIDE) program. \* Legal support and information. \* Duty counsel service for representation before the courts in health law matters: custody orders, care orders, etc. \* Social follow-up.

**Eligibility:** persons who are the subject of a request for authorization to provide care or custody in a facility, their close ones

**Coverage area:** services by phone or email: Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except public holidays

**Fees:** annual membership: \$30

**Financing:** provincial, donations

**Legal status:** non-profit organization

## JURIPOP

Confidential Address

**514 705-1637 Fax:** 514 845-1667

**Website:** juripop.org/en

**Email:** info@juripop.org

**Services:** Low-cost legal services. \* Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice. \* Aparté: resources against harassment and violence in the cultural environment [aparte.ca](http://aparte.ca) \* Legal assistance by phone for people living with cancer: questions in civil law (housing, contracts, and most day-to-day legal needs), business and family law (separation, child custody, alimony, etc.), as well as some questions in labour law. \* Personalized workshops and conferences.

**Eligibility:** people on a low income not eligible for legal assistance, non-profit organizations

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** regular members: \$20 per year, hourly rate of 65\$, membership for Incorporated Non-profits: 150\$ per year, hourly rate of 90\$, administrative fees: \$65

**Financing:** self-financing, fundraising, grants

**Legal status:** non-profit organization

## JURISTES À DOMICILE

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

**LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW - MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 900, Ville-Marie, Montréal, QC, H2L 4M7

**514 864-2111 ext. 6300 Fax:** 514 842-1970

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [baj.criminalistes@ccjm.qc.ca](mailto:baj.criminalistes@ccjm.qc.ca)

**Services:** Legal aid office in criminal and penal law and health law. \* Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

**Eligibility:** persons or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** Montréal Island

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, legal aid mandate: 13h00 to 16h00, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

**MOUVEMENT ACTION JUSTICE**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 524-3776**

**Website:** [www.maj-quebec.com](http://www.maj-quebec.com)

**Email:** [info@maj-quebec.com](mailto:info@maj-quebec.com)

**Services:** Action against abuses of authority. \* Information line. \* Counselling, active listening, psychological support and accompaniment. \* Police ethics complaints writing service. \* MAJ Legal Clinic. \* Monthly self-help group for people facing a problematic legal situation. \* Advocacy for Duplessis orphans.

**Eligibility:** people facing issues with the legal or police system or DPJ

**Capacity:** self-help group: 1 to 25 people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 15h00, legal clinic: Tuesday 16h30

**Fees:** MAJ clinic membership: \$10

**Financing:** donations, grants

**Legal status:** non-profit organization

**MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 244-6147**

**Website:** [communitasmontreal.org](http://communitasmontreal.org)

**Email:** [info@communitasmontreal.org](mailto:info@communitasmontreal.org)

**Services:** Restorative justice organization. \* Accompaniment and reintegration for people who have served time in prison. \* Circles of support and accountability: confidential support groups for people with a history of sexual offenses. \* Weekly Table talk and free lunch. \* Reintegration circles: support groups. \* Open door: weekly open gathering. \* Community building workshops bringing together victims, offenders and community. \* Person to person: in-prison visits for isolated inmates. \* Crime prevention.

**Eligibility:** people who have served time in prison, community

**Coverage area:** Greater Montreal

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**NOTRE DAME DE LA RUE**

Confidential Address

**514 777-3009****Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none**Financing:** donations**Legal status:** non-profit organization**OLD BREWERY MISSION**

915 Clark Street, Ville-Marie, Montréal, QC, H2Z 1J8

**514 866-6591 ext. 0 Fax:** 514 866-5134**Website:** [www.missionoldbrewery.ca/en](http://www.missionoldbrewery.ca/en)**Email:** [info@missionoldbrewery.ca](mailto:info@missionoldbrewery.ca)

**Services:** Group of pavilions offering shelter, housing, clothing and meals. \* Job search assistance. \* Community service opportunity. \* Specialized services for homeless adults. \* Mental health pavilion. \* Job search terminal. \* Recovery of food donations on site. \* Shuttle service for homeless people to services and shelters in cold weather. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Bonhomme à lunettes service point at the Webster Pavilion (915 Clark Street, Montréal).

**Eligibility:** people experiencing homelessness**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 8h00 to 16h00, shuttle: from December 1st, Monday to Friday 14h00 to 8h00, Saturday and Sunday 16h00 to 8h00, every night at the closing of Bonaventure metro station

**Financing:** donations**Legal status:** non-profit organization**PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE**

200 René-Lévesque Boulevard West, West Tower, 10th floor, Suite 1001, Ville-Marie, Montréal, QC, H2Z 1X4

**514 283-4584 Fax:** 514 283-5484**Website:** [www.canada.ca/en/parole-board.html](http://www.canada.ca/en/parole-board.html)**Email:** [info-que@pbc-clcc.gc.ca](mailto:info-que@pbc-clcc.gc.ca)

**Services:** Administrative tribunal in charge of parole and record suspension decisions. \* Promoting the gradual reintegration of offenders into society. \* Recommendations for clemency. \* Information and support for victims on the follow-up of judicial sentences during the parole process. \* Awareness raising, education and mobilization of organizations and the public. \* Decision registry.

**Eligibility:** federal offenders in reintegration process, victims of crimes**Coverage area:** Canada**Hours:** Monday to Friday 8h30 to 16h30**Financing:** federal**Legal status:** federal government agency

**PROGRAMME D'ACCOMPAGNEMENT JUSTICE - SANTÉ MENTALE**

775 Gosford Street, Suite R.735, Ville-Marie, Montréal, QC, H2Y 3B9

**514 872-9958** Fax: 514 872-8565

**Website:** [www.justice.gouv.qc.ca/programmes-et-services/programmes/programme-daccompagnement-justice-et-sante-mentale](http://www.justice.gouv.qc.ca/programmes-et-services/programmes/programme-daccompagnement-justice-et-sante-mentale)

**Services:** \* Evaluation and socio-judicial follow up by psychosocial workers aimed at rehabilitation and the elimination of any recidivism.

**Eligibility:** people 18 years old and over accused of criminal acts, willing to participate in the programme, able to appear, criminally responsible and with mental health problems or living with an intellectual disability that led to the perpetration of the offence

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION**

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278** Fax: 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd](http://www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Social affairs section sub-division. Review Board for mental disorder \* Evaluates the files of people charged with a criminal offence and found not responsible or unfit to stand trial by a criminal court. \* Assess the risk to public safety. \* Rules on the release or detention of individuals and assesses their mental health on an annual basis. Persons confined in a hospital \* Rules on cases concerning the Act respecting the protection of persons whose mental state presents a danger to themselves or to others.

**Eligibility:** people living with a mental health issue who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

**Mental Health and addictions****ADDICTION PREVENTION****ADDICTION TREATMENT****COMMUNITY SUPPORT IN MENTAL HEALTH****CRISIS CENTRES AND SUICIDE PREVENTION****HELPLINES****MENTAL HEALTH ADVOCACY GROUPS****MENTAL HEALTH HOUSING****PSYCHIATRIC SERVICES****SELF-HELP GROUPS FOR ADDICTION ISSUES****SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction prevention

### AIDS COMMUNITY CARE MONTREAL

2075 Plessis Street, basement, Ville-Marie, Montréal, QC, H2L 2Y4

**514 527-0928** Fax: 514 527-0701

**Website:** accmontreal.org

**Email:** info@accmontreal.org

**Services:** Resource centre for people living with HIV-AIDS or hepatitis C. Support \* Case management: guidance and referral. \* Support groups led by a member and a counsellor. \* Thematic groups led by counsellors on serostatus disclosure and testimonies. Material assistance \* Safe sex materials. \* Food and dietary supplements buyers club, information on nutrition and treatments. Education \* Information on treatments. \* Education and prevention. \* Training and conferences on the medical and psychosocial aspects of HIV and hepatitis C. \* Educational workshops for schools, groups and community centres. \* Sex education toolkit for teachers. \* Naloxone kits distribution. \* Interventions in festive environments.

**Eligibility:** people of all ages living with HIV or hepatitis C, their close ones, partners and friends, youth at risk, men who have sex with men (MSM)

**Capacity:** support groups: 5 to 12 people

**Coverage area:** Greater Montréal

**Hours:** Monday to Wednesday 11h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

### ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES

1555 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**1 844 465-3580** Fax: 514 904-1241

**Website:** aqpsud.org

**Email:** info@aqpsud.org

**Services:** \* Raising awareness about the means to improve the living conditions of people who use drugs to the public, community groups and institutions in a perspective of mischiefs reduction. \* Training workshops and creation of tools for drug users and for health promotion and sexually transmitted and blood-borne infections (STBBIs) prevention partners. \* L'Injecteur: newspaper published By and For drug users in Quebec. \* Responsible for the ADDICQ (Association pour la défense des personnes qui consomment des drogues au Québec). \* Naloxone kits distribution. \* Interventions in festive environments. \* Distribution of fentanyl test strips. \* Gathering for the International Day for Drug Overdose Awareness.

**Eligibility:** people using drugs, gathering for the International Overdose Awareness Day: general public

**Coverage area:** Province of Québec, gathering for the International Overdose Awareness Day: Émilie-Gamelin Park

**Hours:** Monday to Thursday 10h00 to 17h00, International Overdose Awareness Day: 31 August

**Fees:** none, L'Injecteur: voluntary contribution

**Financing:** donations, self-financing, provincial

**Legal status:** non-profit organization

### CENTRE QUÉBÉCOIS DE LUTTE AUX DÉPENDANCES

111 Normand Street, Ville-Marie, Montréal, QC, H2Y 2K6

**Website:** www.cqld.ca/en

**Email:** info@cqld.ca

**Services:** \* Support to the fight against addictions: alcohol, illegal drugs, medical drugs, tobacco, gambling, Internet addiction, etc. \* Research, consultation and awareness. \* Knowledge sharing activities. \* Apte: prevention program to the risks associated to alcohol and drug consumption for young people in school. \* Website in collaboration with Maison Jean Lapointe: <https://toxquebec.com/>

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations, federal

**Legal status:** non-profit organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### ÉDUC'ALCOOL

606 Cathcart Street, Suite 210, Ville-Marie, Montréal, QC, H3B 1K9

**1 888 252-6651**

**Website:** [www.educalcool.qc.ca/en](http://www.educalcool.qc.ca/en)

**Email:** [info@educalcool.qc.ca](mailto:info@educalcool.qc.ca)

**Services:** Grouping of parapublic institutions, alcoholic beverage industry associations and individuals from various sectors (public health, education, journalism). \* Establishment of prevention, education and information programs designed to help young people and adults make enlightened, responsible decisions about drinking and the circumstances in which they drink and act on drinking contexts. \* Calcoholator to monitor blood alcohol content: [www.educalcool.qc.ca/en/tools/calcoholator](http://www.educalcool.qc.ca/en/tools/calcoholator) \* Tool to support event organizers: [www.educalcool.qc.ca/terrain/guide-evenement-responsable/](http://www.educalcool.qc.ca/terrain/guide-evenement-responsable/) \* Other tools available on the website to help with moderate consumption.

**Eligibility:** people of all ages seeking information about alcohol and the consequences of drinking

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

### GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 ext. 300 Fax:** 514 847-0038

**Website:** [cactusmontreal.org/programmes/giap](http://cactusmontreal.org/programmes/giap)

**Email:** [agentpairs@cactusmontreal.org](mailto:agentpairs@cactusmontreal.org)

**Services:** Youth program of Cactus Montréal working on a peer basis in order to prevent the transmission of HIV, VHC and other STBBI and the reduction of harm related to drug consumption and life on the streets. \* Proximity intervention among the partner resources. \* Group intervention to raise awareness about life on the streets, unsafe practices and their impacts. \* Organisation of the Festival d'Expression de rue/Street expression Festival (FER) and the Pik-nik d'Expression de la rue/Street expression Pik-nik (PER).

**Eligibility:** youth 14 to 30 years old in very precarious situations

**Coverage area:** Montréal Island

**Hours:** closed on Fridays

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

## INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS AND HIGH-RISK BEHAVIOURS

3724 McTavish Street, Ville-Marie, Montréal, QC, H3A 1Y2

**514 398-1391 Fax:** 514 398-3401

**Website:** youthgambling.com

**Email:** ygi.educ@mcgill.ca

**Services:** Research center on youth gambling and related issues. \* Treatment of urgent cases. \* Information and documentation. \* Training and prevention activities. \* Social policy development.

**Eligibility:** youth living with a gambling problem or co-occurring disorder, their parents, counsellors, organizations

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

## KONTAK

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y4

**438 867-2436**

**Website:** kontak.ca

**Email:** pnpoutreach@accmontreal.org

**Services:** Support and accompaniment program for gay, bi and queer men who have sex with men, with drugs linked to chemsex and who use harm reduction strategies. \* Sexual harm reduction and drug use material. \* Support and accompaniment. \* Education, awareness, information sharing and referral. \* Workshops on sexuality and drug use.

**Eligibility:** gay, bi, and queer men who have sex with men (gbMSM) and who practice chemsex

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h00 to 18h00

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

## MAISON JEAN LAPOINTE

111, rue Normand, Ville-Marie, Montréal, QC, H2Y 2K6

**514 288-2611 Fax:** 514 288-2919

**Website:** www.maisonjeanlapointe.org

**Email:** info@maisonjeanlapointe.org

**Services:** Addiction treatment centre. \* Alcohol and drugs: detoxification support under medical supervision, internal intensive treatment of 21 days, 12-week weekly follow-up and monthly follow-up for a year (with zoom). \* Pathological Gambling: assessment, internal and external intervention, 8-week external monitoring and monthly follow-up for a year (with zoom). \* Virtual therapy program for alcohol, drugs and gambling: from 21 intensive days up to 8 weeks. \* Support for relatives (alcohol and drugs): intensive weekend and monthly follow-up. \* Support for relatives (gambling): 8-week external program. \* Prevention programs in schools. \* Prevention and information website for young people aged 12 to 17 with chat: <https://tbhonnete.ca/> \* Business services. \* Self-exclusion program: 3 months to 5 years.

**Eligibility:** adults 18 years and over with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their relatives

**Capacity:** 48

**Coverage area:** Province of Québec

**Hours:** information: Monday to Sunday 8h30 to 16h30, admission: by appointment



**Fees:** gambling internal or virtual: free for all of Quebec (priority for people from Montreal), drugs: \$5450 for in-patient 21 days program and weekly and monthly follow-ups are free (paid by the Jean Lapointe foundation), unemployment and pension: half of price, social assistance: 1000\$ (one case per month is 100% covered, so possibility of a waiting list), virtual therapy for drugs and alcohol: \$2900 regardless of the duration chosen, intensive weekend for support for relatives: \$650, 8-week program for support to relatives: free

**Financing:** provincial, autofinancement, fondations

**Legal status:** non-profit organization

## PRÉVENTION EN DÉPENDANCE - CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL

1801, boulevard de Maisonneuve Ouest, Ville-Marie, Montréal, QC, H3H 1J9

**Email:** [accueilcentralise.ccomtl@ssss.gouv.qc.ca](mailto:accueilcentralise.ccomtl@ssss.gouv.qc.ca)

**Services:** Front-line addiction services. \* Information on addiction. \* Prevention. \* Relapse prevention. \* Reflection on consumption habits and possible solutions. \* Mes choix Alcool. \* Mes choix Toutes substances. \* Mes choix Jeu. \* Support for loved ones.

**Eligibility:** people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, une partie du Plateau-Mont-Royal, Ville Mont-Royal, Montréal-Ouest, Outremont, une partie de Ville-Marie, Parc-Extension, Westmount

**Legal status:** provincial government agency

## PROJET TRIP

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

## RESEARCH CHAIR ON GAMBLING

2070 Mackay Street, 3rd floor, Ville-Marie, Montréal, QC, H3G 2J1

**514 848-2424 ext. 5398**

**Website:** [www.concordia.ca/research/lifestyle-addiction.html](http://www.concordia.ca/research/lifestyle-addiction.html)

**Email:** [lifestyle.lab@concordia.ca](mailto:lifestyle.lab@concordia.ca)

**Services:** Knowledge development and innovation. \* Projects. \* Publications and presentations. \* Scientific watch. \* Partnerships. \* Knowledge transfer. \* Training. \* Scholarships.

**Coverage area:** Province of Québec

**Financing:** grants

**Legal status:** parapublic organization

## RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax: 514 521-7665**

**Website:** [www.rezosante.org](http://www.rezosante.org)

**Email:** [info@rezosante.org](mailto:info@rezosante.org)

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## Addiction treatment

### AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL

1015 Robin Street, Ville-Marie, Montréal, QC, H2L 1W2

**438 832-2270**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/aire-ouverte](http://ciusss-centresudmtl.gouv.qc.ca/aire-ouverte)

**Email:** [aireouverte.ccsmtl@ssss.gouv.qc.ca](mailto:aireouverte.ccsmtl@ssss.gouv.qc.ca)

**Services:** Varied confidential services for youth 12 to 25 years old, with or without an appointment. \* Psychosocial support on a variety of subject: relationship difficulties, mental health, alcohol, drugs, gambling, housing, employment, studies, etc. \* Sexual health clinic: contraception, screening for sexually transmitted and blood infections, gender identity and sexual orientation, etc. \* Accompaniment to community and CIUSSS ressources.

**Eligibility:** people 12 to 25 years old

**Coverage area:** Centre-Sud, Le Sud-Ouest, Verdun

**Hours:** by appointment: Monday and Friday 9h00 to 17h00, without appointment: Tuesday and Thursday 17h00 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### CACTUS MONTRÉAL

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 Fax:** 514 847-0038

**Website:** [cactusmontreal.org/en](http://cactusmontreal.org/en)

**Email:** [info@cactusmontreal.org](mailto:info@cactusmontreal.org)

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **CACTUS MONTRÉAL - CHECKPOINT**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 ext. 125**

**Email:** checkpoint@cactusmontreal.org

**Services:** \* Real-time, anonymous and confidential substance analysis service (in all forms).

**Eligibility:** people who use drugs

**Coverage area:** Canada

**Hours:** Tuesday 12h00 to 17h00, Wednesday and Thursday 12h00 to 19h00, Friday 12h00 to 20h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - MÉDECINE DES TOXICOMANIES**

1000 Saint-Denis Street, Suite C1163, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8321 Fax: 514 412-7401**

**Website:** [chumontreal.qc.ca/patients/medecine-des-toxicomanies](http://chumontreal.qc.ca/patients/medecine-des-toxicomanies)

**Email:** [clinique.externe.smt.chum@ssss.gouv.qc.ca](mailto:clinique.externe.smt.chum@ssss.gouv.qc.ca)

**Services:** \* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up. \* Quit smoking centre. \* Research and clinical trials. \* Telephone advice for health professionals.

**Eligibility:** patients with use disorder

**Capacity:** 10 beds for addiction medicine

**Coverage area:** Province of Québec

**Hours:** outpatient clinic: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00, inpatient unit: 24 hours / 7 days, helpline for healthcare professionals: 24 hours / 7 days

**Fees:** free for outpatient services, hospitalization covered by RAMQ

**Financing:** provincial

**Legal status:** provincial government agency

### **CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM**

1051 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000**

**Website:** [chumontreal.qc.ca](http://chumontreal.qc.ca)

**Services:** University hospital centre offering general, specialized and superspecialized cares. \* Emergency and general medicine. \* Tests centre. \* Gynecological clinics: birth clinic, high-risk pregnancy, fertility and assisted procreation, urology, pregnancy interruption, menopause, familial planification and general gynecology. \* Cancer centre. \* Addictions medicine service: medical assistance during withdrawal of alcohol, drugs or medication, treatment during hospitalization or outpatient consultation, short-term psychosocial follow-up. \* Pain clinic. \* Sleep clinic. \* CHUM Patient Health Line.

**Coverage area:** Province of Québec

**Hours:** CHUM Patient Health Line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - PSYCHIATRIE DES TOXICOMANIES

1000 Saint-Denis Street, Pavilion C, 11th floor, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8000 ext. 26489 Fax:** 514 412-7792

**Website:** [www.chumontreal.qc.ca/repertoire/service-psychiatrie-toxicomanies](http://www.chumontreal.qc.ca/repertoire/service-psychiatrie-toxicomanies)

**Services:** 3rd line dependency service. \* Services with hospitalization. \* Outpatient service with episodes of care (between 6 months and 2 years): assessment, individual meetings, group meetings or an assessment-recommendations by a psychiatrist for the referral team (1 to 3 meetings).

**Eligibility:** people with mental health and addiction problems designated as concurrent disorders, reference criteria: moderate to severe use of one or more substances and a mental health disorder excluding a major neurocognitive disorder or intellectual disability as the principal diagnosis, complexity and instability of the mental health disorder requiring an episode of care or assessment-recommendations by a team subspecialized in concurrent disorders

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## CLINIQUE MÉDICALE L'ACTUEL

1001 De Maisonneuve Boulevard East, Suite 1130, Ville-Marie, Montréal, QC, H2L 4P9

**514 524-1001 Fax:** 514 524-3831

**Website:** [cliniquelactuel.com/home](http://cliniquelactuel.com/home)

**Email:** [info@lactuel.ca](mailto:info@lactuel.ca)

**Services:** General health cares and specialized in STBBDs. \* General medicine. \* PEP clinic: HIV post-exposure prophylaxis. \* HIV screening with rapid results (10 minutes). \* Prompt care and treatment for any person diagnosed with HIV. \* Screening and treatment of sexually transmitted and blood-borne diseases (STBBDs). \* Treatment of STBBDs emergencies. \* PREP clinic: pre-exposure prophylaxis for people uninfected to HIV but at high-risk. \* Hepatitis clinics. \* Clinical research.

**Eligibility:** men and women at risk of STBIs, intravenous drug users (IDU), sex workers, LGBTQ+ people, general medicine: open to all, especially vulnerable people

**Capacity:** 12 to 20 people for emergencies without appointment

**Coverage area:** Greater Montréal, primarily Montréal Island

**Hours:** Monday to Thursday 7h30 to 20h00, Friday 7h30 to 16h30, emergencies: Monday to Friday 7h30 to 11h30, Saturday and Sunday 7h30 to 12h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** commercial enterprise

## GROUPE HARMONIE

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-2640 Fax:** 514 934-3776

**Website:** [groupeharmonie.org/en/](http://groupeharmonie.org/en/)

**Email:** [info@groupeharmonie.org](mailto:info@groupeharmonie.org)

**Services:** Support to people 55 years and over, struggling with addiction to alcohol, drugs or other substances. \* One-on-one support assistance. \* Welcome, brief intervention and referral. \* Prevention and awareness workshops for users and workers. \* Support groups. \* Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM). \* Workshops in the community. \* Caregiver support.

**Eligibility:** people 55 years and over struggling with problems related to addiction on alcohol, medication or other substances, as well as their caregivers.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

**HÔPITAL NOTRE-DAME**

1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1

**514 413-8777**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/hopital-notre-dame)

**Services:** Hospital providing general, specialized and surspecialized cares. \* Emergency. \* Tests centre. \* Specialized clinics: audiology, cardiology, gastroenterology, electrophysiology, respiratory physiology, gynecology, neurology, speech therapy, physical therapy, occupational therapy, otolaryngology, pediatrics and nutrition. \* Medical imaging and radiology. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, tests centre: Monday to Friday 7h00 to 15h00, by appointment only

**Financing:** provincial

**Legal status:** parapublic organization

**LOGIS PHARE**

2288 Prince-Georges Street, Apartment 1, Ville-Marie, Montréal, QC, H2K 1S9

**514 523-3135 Fax:** 514 523-4011

**Website:** [www.logisphare.ca/?lang=en](http://www.logisphare.ca/?lang=en)

**Email:** [info@logisphare.ca](mailto:info@logisphare.ca)

**Services:** Supervised housing: 2 to 3 years stay. \* Collective kitchens. \* Group dinners. \* Summer camp. \* Respite and daycare. \* Alternative to placement in foster care. \* Community garden. \* Post-housing follow-up.

**Eligibility:** people undergoing a substitution treatment for opiate addiction only: single-parent families, couples with children and pregnant women

**Capacity:** 7 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** rent: 25% of income

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**MAISON JEAN LAPOINTE**

111, rue Normand, Ville-Marie, Montréal, QC, H2Y 2K6

**514 288-2611 Fax:** 514 288-2919

**Website:** [www.maisonjeanlapointe.org](http://www.maisonjeanlapointe.org)

**Email:** [info@maisonjeanlapointe.org](mailto:info@maisonjeanlapointe.org)

**Services:** Addiction treatment centre. \* Alcohol and drugs: detoxification support under medical supervision, internal intensive treatment of 21 days, 12-week weekly follow-up and monthly follow-up for a year (with zoom). \* Pathological Gambling: assessment, internal and external intervention, 8-week external monitoring and monthly follow-up for a year (with zoom). \* Virtual therapy program for alcohol, drugs and gambling: from 21 intensive days up to 8 weeks. \* Support for relatives (alcohol and drugs): intensive weekend and monthly follow-up. \* Support for relatives (gambling): 8-week external program. \* Prevention programs in schools. \* Prevention and information website for young people aged 12 to 17 with chat: <https://tbhonnete.ca/> \* Business services. \* Self-exclusion program: 3 months to 5 years.

**Eligibility:** adults 18 years and over with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their relatives

**Capacity:** 48

**Coverage area:** Province of Québec

**Hours:** information: Monday to Sunday 8h30 to 16h30, admission: by appointment

**Fees:** gambling internal or virtual: free for all of Quebec (priority for people from Montreal), drugs: \$5450 for inpatient 21 days program and weekly and monthly follow-ups are free (paid by the Jean Lapointe foundation), unemployment and pension: half of price, social assistance: 1000\$ (one case per month is 100% covered, so possibility of a waiting list), virtual therapy for drugs and alcohol: \$2900 regardless of the duration chosen, intensive weekend for support for relatives: \$650, 8-week program for support to relatives: free

**Financing:** provincial, autofinancement, fondations

**Legal status:** non-profit organization

**MÉTA D'ÂME**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000** Fax: 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Drop-in and peer support centre. \* Accompaniment and support towards the achievement of the goals: steps related to health, social and economic reintegration. \* Transitional housing. \* Social housing with community support. \* Recreational activities and educational workshops. \* Advocacy. \* \* PROFAN 2.0 Program: training on preventing overdoses with Naloxone for users and their relatives. \* Naloxone kits distribution. \* Distribution of fentanyl test strips.

**Eligibility:** people who use or have used opioids

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 13h00 to 16h30

**Fees:** housing: around 25% of income, other services: free

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**MÉTA D'ÂME - TRANSITIONAL HOUSING**

2250 Florian Street, Ville-Marie, Montréal, QC, H2K 2P5

**514 528-9000** Fax: 514 527-6999

**Website:** metadame.org

**Email:** info@metadame.org

**Services:** Transitional housing with community support. \* 3 years duration.

**Eligibility:** people who use or have used opioids, are homeless or at risk of homelessness

**Capacity:** 43 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** rent: approximately 25% of income

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

**MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### **ONENTOKON HEALING LODGE - OUTREACH SERVICES OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**450 479-8353**

**Website:** [www.onentokon.com](http://www.onentokon.com)

**Email:** [otsmontrealoutreach@hotmail.com](mailto:otsmontrealoutreach@hotmail.com)

**Services:** Montreal office located in the Native Friendship Centre of Montreal. \* One-to-one counseling. \* Assessments. \* Referrals to detoxification and residential treatment centres. \* After-care counseling. \* Relapse prevention. \* Counseling program for family and friends of those in residential treatment.

**Eligibility:** Native people who are struggling with drug and alcohol addictions and their significant others

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** municipal, federal

**Legal status:** non-profit organization

### **PRÉVENTION EN DÉPENDANCE - CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL**

1801, boulevard de Maisonneuve Ouest, Ville-Marie, Montréal, QC, H3H 1J9

**Email:** [accueilcentralise.ccomtl@ssss.gouv.qc.ca](mailto:accueilcentralise.ccomtl@ssss.gouv.qc.ca)

**Services:** Front-line addiction services. \* Information on addiction. \* Prevention. \* Relapse prevention. \* Reflection on consumption habits and possible solutions. \* Mes choix Alcool. \* Mes choix Toutes substances. \* Mes choix Jeu. \* Support for loved ones.

**Eligibility:** people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, une partie du Plateau-Mont-Royal, Ville Mont-Royal, Montréal-Ouest, Outremont, une partie de Ville-Marie, Parc-Extension, Westmount

**Legal status:** provincial government agency

### **PROJETS AUTOCHTONES DU QUÉBEC - MANAGED ALCOHOL PROGRAM**

1019 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Y3

**514 879-3310**

**Website:** [www.paqc.org/en/managed-alcohol-program](http://www.paqc.org/en/managed-alcohol-program)

**Email:** [coordo.logements.intervention@paqc.org](mailto:coordo.logements.intervention@paqc.org)

**Services:** Supportive housing for men with the possibility to participate in a Managed Alcohol Program. \* Unlimited duration of stay.

**Eligibility:** indigenous men 18 years old and over, First Nations, Metis and Inuit in situation of homelessness with a severe alcohol addiction

**Capacity:** 8 private rooms

**Coverage area:** Montréal Island

**Hours:** 7 days 17h00 to 8h00

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN**

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**SERVICE DES TOXICOMANIES - MÉDECINE URBAINE**

1560 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2L 4M1

**514 413-8736 Fax:** 514 760-1055

**Email:** stmu.hnd.ccsmtl@ssss.gouv.qc.ca

**Services:** Inpatient and Outpatient Detoxification Clinic. \* Assessment and identification of needs (inpatient or outpatient). \* Medical or pharmacological treatments. \* Psychosocial follow-up. \* Referrals for the continuity of care (addiction or homelessness services).

**Eligibility:** adults 18 years old and over at risk of severe withdrawal and with medical or psychiatric conditions that could become unstable following the stop of substance abuse (alcohol, GHB and benzodiazepine), people with concomitant medical, social and psychiatric issues

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30, walk-in clinic: Tuesday 8h45 to 11h30, Wednesday 12h45 to 15h30

**Fees:** none

**Financing:** provincial

**Legal status:** provincial government agency

**SPECTRE DE RUE - SUPERVISED CONSUMPTION SERVICE**

1278 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 524 5197**

**Website:** www.spectrederue.org

**Email:** coordoclinique@spectrederue.org

**Services:** Confidential service for people who use drugs orally, by injection or by snuff. \* Consumption room supervised by trained staff. \* Follow-up in the resting/recuperation room. \* Treatment room: screening, evaluation and referral to appropriate resources (treatment of infections, STBBIs, intermediate resources in short or long term emergency housing and food services). \* Teleconsultation service in partnership with the CHUM addiction clinic for opioid agonist treatments and psychoactive substances at risk for withdrawal. \* Analysis of substances.

**Eligibility:** people who use injection and inhalable drugs

**Capacity:** 4 places

**Coverage area:** Centre-Sud

**Hours:** Monday to Sunday 8h30 to 16h30, teleconsultation service: fixed time slots Thursday 9h30 and 10h30

**Fees:** none



**Financing:** provincial

**Legal status:** non-profit organization

## Community support in mental health

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### ALLAN MEMORIAL INSTITUTE

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

**514 934-1934 ext. 31798**

**Website:** [muhc.ca](http://muhc.ca)

**Services:** Psychiatric day hospital. \* Individual and group therapy. \* External psychological services.

**Capacity:** 31 beds

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

### ARBORESCENCE

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2

**514 524-7131**

**Website:** [www.arborescence.quebec/en](http://www.arborescence.quebec/en)

**Email:** [accueil@arborescence.quebec](mailto:accueil@arborescence.quebec)

**Services:** Support for close ones of people living with a mental health disorder. \* Listening and referral line. \* Support groups. \* One-on-one, couple and family counselling. \* Conferences and psychoeducational workshops. \* Special projects. \* Services for teens: assistance services via text messaging, chat and social media platforms, individual face-to-face support services, dramatherapy. \* Online training services. \* Services for caregivers of seniors: individual and group services. \* Accompaniment services offered by family peer helpers. \* Services for businesses, public organizations and community organizations.

**Eligibility:** parents, friends, caregivers and close ones of adults living with a mental health problem, in the various spheres of their life (professional and personal)

**Capacity:** support group: 5 to 8 people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** Centraide of Greater Montréal, donations, foundations, provincial

**Legal status:** non-profit organization

**CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM**

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253** Fax: 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059** Fax: 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - CLINIQUE JAP**

1051 Sanguinet Street, Pavillon C, 11th floor, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8242** Fax: 514 412-7415

**Website:** [premierepisode.ca/clinique-jap](http://premierepisode.ca/clinique-jap)

**Services:** Specialized clinic for young adults aged 18 to 35 with affective or non-affective psychosis as main diagnosis. \* Specialized treatment. \* Early and intensive care. \* Training and education.

**Eligibility:** young adults aged 18 to 35 with affective or non-affective psychosis as main diagnosis, never treated or treated for less than one year for psychosis

**Coverage area:** CSSS Jeanne-Mance and Coeur-de-l'Île sectors (postal codes starting with H2H, H2K, H2L, H2T, H2V, H2W, H2X, H2Y, H2Z, H3B, H5B ou H2J)

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE UNIVERSITAIRE DE SANTÉ MCGILL - PROGRAMME DE PRÉVENTION ET D'INTERVENTION PRÉCOCE POUR LA PSYCHOSE**

1025 des Pins Avenue, Ville-Marie, Montréal, QC, H3A 1A1

**514 934-1934 ext. 34599 Fax:** 514 843-2898

**Website:** [muhc.ca/pepp-home](http://muhc.ca/pepp-home)

**Services:** Specialized psychiatric clinic for people with early-onset psychosis. \* Reception and assessment. \* Individual and family psychoeducation. \* Individual psychotherapy. \* Group interventions. \* Cognitive remediation therapy. \* Music therapy. \* RTP Program: peer support. \* 2 years follow-up.

**Eligibility:** people aged 18 and over who are experiencing their first psychosis or who show symptoms of psychosis, their families and friends

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Le Sud-Ouest, Westmount

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

## **COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL**

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2329 Fax:** 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of requests for psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Suite 12.12, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 532-2822**

**Website:** [cavac.qc.ca/en/](http://cavac.qc.ca/en/)

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8

**1 866 532-2822****Website:** [cavac.qc.ca/en](http://cavac.qc.ca/en)**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island**Hours:** Monday to Friday 8h30 to 16h00**Fees:** none**Financing:** provincial, donations**Legal status:** non-profit organization**DIOGÈNE SUIVI COMMUNAUTAIRE**

Confidential Address

**514 874-1214 Fax:** 514 874-0703**Website:** [www.diogeneqc.org](http://www.diogeneqc.org)**Email:** [info@diogeneqc.org](mailto:info@diogeneqc.org)

**Services:** \* Accompaniment in medical and financial undertakings, housing search, recovery of identification papers and more. \* Budget management service. \* Information, orientation and accompaniment to the municipal court and to the courthouse. \* Referral to other homelessness resources and within detention centres. \* Intensive monitoring in the community.

**Eligibility:** adults living with mental health problems associated to legal difficulties or to homelessness**Capacity:** 300**Coverage area:** Greater Montréal**Hours:** administration: Monday to Friday 8h30 to 16h30, worker on the road or at the office: Monday to Friday 8h00 to 16h30 or 20h00 if needed**Fees:** none**Financing:** provincial, federal**Legal status:** non-profit organization**MAISON JEAN LAPOINTE**

111, rue Normand, Ville-Marie, Montréal, QC, H2Y 2K6

**514 288-2611 Fax:** 514 288-2919**Website:** [www.maisonjeanlapointe.org](http://www.maisonjeanlapointe.org)**Email:** [info@maisonjeanlapointe.org](mailto:info@maisonjeanlapointe.org)

**Services:** Addiction treatment centre. \* Alcohol and drugs: detoxification support under medical supervision, internal intensive treatment of 21 days, 12-week weekly follow-up and monthly follow-up for a year (with zoom). \* Pathological Gambling: assessment, internal and external intervention, 8-week external monitoring and monthly follow-up for a year (with zoom). \* Virtual therapy program for alcohol, drugs and gambling: from 21 intensive days up to 8 weeks. \* Support for relatives (alcohol and drugs): intensive weekend and monthly follow-up. \* Support for relatives (gambling): 8-week external program. \* Prevention programs in schools. \* Prevention and information website for young people aged 12 to 17 with chat: <https://tbhonnete.ca/> \* Business services. \* Self-exclusion program: 3 months to 5 years.

**Eligibility:** adults 18 years and over with an addiction to alcohol, drugs (except opiates), prescription drugs or gambling, their relatives

**Capacity:** 48

**Coverage area:** Province of Québec

**Hours:** information: Monday to Sunday 8h30 to 16h30, admission: by appointment

**Fees:** gambling internal or virtual: free for all of Quebec (priority for people from Montreal), drugs: \$5450 for in-patient 21 days program and weekly and monthly follow-ups are free (paid by the Jean Lapointe foundation), unemployment and pension: half of price, social assistance: 1000\$ (one case per month is 100% covered, so possibility of a waiting list), virtual therapy for drugs and alcohol: \$2900 regardless of the duration chosen, intensive weekend for support for relatives: \$650, 8-week program for support to relatives: free

**Financing:** provincial, autofinancement, fondations

**Legal status:** non-profit organization

## **MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** [muhc.ca/mgh](http://muhc.ca/mgh)

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## **ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** [info@opsq.org](mailto:info@opsq.org)

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \* Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## **PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE**

2402 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

**514 759-7276** Fax: 514 759-7277

**Email:** [pasm.montreal@gmail.com](mailto:pasm.montreal@gmail.com)

**Services:** Organization composed of peer support workers who accompany people in the process of recovery. \* Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). \* Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. \* Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. \* Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. \* Referrals to other resources when necessary.

**Eligibility:** people 18 years old and over living with a mental health problem or emotional suffering

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h30

**Fees:** none

**Financing:** self-financing, provincial, federal, donations

**Legal status:** non-profit organization

### RELIEF - THE PATH OF MENTAL HEALTH

418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6

**1 866 738-4873 Fax:** 514 529-3083

**Website:** relief.ca/home

**Email:** relief@relief.ca

**Services:** \* Individual face-to-face or virtual support by phone, email and text. \* Individualized support service. \* Self-help groups for people living with anxiety, depressive or bipolar disorders. \* Self-help group for loved ones of people living with an anxiety, depressive or bipolar disorder. \* Virtual and in-person individual meetings. \* Virtual self-management workshops on the theme of depression or anxiety for Cégep or university students. \* Accredited training on self-management support to become a certified facilitator for our self-management workshops. \* Getting better my way: self-management support tool. \* Relief affaires: program offered to businesses and organization to support the creation of a healthy, balanced and safe work environment for mental health. \* Support to self-management workshops: depression, anxiety, bipolarity, work place and self-esteem.

**Eligibility:** people living with anxiety, depressive or bipolar disorders, their families and friends

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** self-help groups: membership fee \$40 per year, self-management workshops: from \$555 depending on the workshop (grant program available), individual counselling (a one-hour thematic meeting and a 30-minute telephone follow-up): \$95

**Financing:** fundraising campaigns, self-financing, provincial

**Legal status:** non-profit organization

### RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** www.rezosante.org

**Email:** info@rezosante.org

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

### SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY: 1 800 926-9105**

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### ST-JAMES DROP-IN CENTRE

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

**514 288-0039 Fax: 514 529-0090**

**Website:** [stjamescentre.ca](http://stjamescentre.ca)

**Email:** [info@stjamescentre.ca](mailto:info@stjamescentre.ca)

**Services:** \* Day centre: socialization place, access to a phone line, recreational and artistic activities. \* Clothing exchange service, showers and meals. \* Psychosocial services, reintegration process accompaniment and employment training program. \* Referrals.

**Eligibility:** homeless people living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** food bags: \$5 per month (maximum of 4)

**Financing:** donations, provincial, self-financing

**Legal status:** non-profit organization

### TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** [www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd](http://www.taq.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd)

**Email:** [tribunal.administratif@taq.gouv.qc.ca](mailto:tribunal.administratif@taq.gouv.qc.ca)

**Services:** Social affairs section sub-division. Review Board for mental disorder \* Evaluates the files of people charged with a criminal offence and found not responsible or unfit to stand trial by a criminal court. \* Assess the risk to public safety. \* Rules on the release or detention of individuals and assesses their mental health on an annual basis. Persons confined in a hospital \* Rules on cases concerning the Act respecting the protection of persons whose mental state presents a danger to themselves or to others.

**Eligibility:** people living with a mental health issue who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

### UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals.\* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## Crisis centres and suicide prevention

### CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** [halte-ami.ca](http://halte-ami.ca)

**Email:** [centre\\_ecoute@halte-ami.ca](mailto:centre_ecoute@halte-ami.ca)

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00



**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

## PROJETS AUTOCHTONES DU QUÉBEC

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** paqc.org/en

**Email:** info@paqc.org

**Services:** \* Crisis intervention. \* Warm meals. \* Safe Start Program: holistic support to Indigenous people who just arrived in the city. \* Emergency shelters: separate floors for men and women. \* Transitional housing with help for obtaining social assistance. \* Managed Alcohol Program: house for men. \* Assistance with social reintegration procedures. \* Legal and medical support with external partners. \* Group activities. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday, 9h00 to 17h00, shelter: 7 days, 17h00 to 8h30

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## URGENCE PSYCHOSOCIALE-JUSTICE

Confidential Address

**514 861-9331 ext. 208163 Fax:** 514 847-9194

**Website:** www.ciusss-centresudmtl.gouv.qc.ca

**Services:** \* Crisis intervention for situation involving all population living on the Montréal Island. \* Telephone counselling on avenues of intervention that can prevent the deterioration of a person's mental state.

**Eligibility:** community partners (e.g., SPVM, organizations from the health, social services and corrections networks, community organizations)

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** non-profit organization

## Helplines

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** aideauxtrans.com/fr

**Email:** info@aideauxtrans.com

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### **CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** halte-ami.ca

**Email:** centre\_ecoute@halte-ami.ca

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

### **CENTRE D'ÉCOUTE LE HAVRE**

1260 Sainte-Catherine Street East, Suite 209, Ville-Marie, Montréal, QC, H2L 2H2

**514 982-0333**

**Website:** centredecoutelehavre.org

**Email:** le.havre@videotron.ca

**Services:** \* Confidential telephone listening, provided by volunteers with an active listening training.

**Capacity:** 15

**Coverage area:** Greater Montréal and Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

### **EN MARGE 12-17 - VOLET PARENT**

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** www.enmarge1217.ca

**Email:** parents@enmarge1217.ca

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-4546** Fax: 514 934-0063

**Website:** [faceafacemontreal.org](http://faceafacemontreal.org)

**Email:** [info@faceafacemontreal.org](mailto:info@faceafacemontreal.org)

**Services:** \* Active listening and support over the phone and in person. \* Individual counselling. \* Information and distribution of welfare checks. \* Information on housing search, low-cost housing and the area's shelters. \* Housing search for people who do not have access to the Internet. \* Reception of mail and telephone messages, proof of address for homeless people. \* Internet and telephone access. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Accompaniment to medical appointments, appointments with other organizations, apartment visits, procedures to apply for social housing, etc.

**Eligibility:** people in search of housing, people experiencing or at risk of experiencing homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 17h00, last week of the month: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**HEALTH CANADA - FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE**

200 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H2Z 1X4

**1 855 242-3310**

**Website:** [www.sac-isc.gc.ca/eng/1576089519527/1576089566478](http://www.sac-isc.gc.ca/eng/1576089519527/1576089566478)

**Services:** Crisis phone line. \* Support and referral. \* Mental health counselling and crisis intervention online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Eligibility:** people from First Nations and Inuit communities

**Coverage area:** Canada

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal

**Legal status:** federal government agency

**INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM**

200 René-Lévesque Boulevard West, 2nd floor, Ville-Marie, Montréal, QC, H2Z 1X4

**1 877 583-2965**

**Website:** [sac-isc.gc.ca/eng/1581971225188/1581971250953](http://sac-isc.gc.ca/eng/1581971225188/1581971250953)

**Services:** Mental health support for former residential school students. \* Crisis line offering support and referral 24/7. \* Individual or family counselling by professional counsellors. \* Cultural support offered by local indigenous organizations: traditional healing, ceremonies, teachings and dialogue. \* Emotional support by local indigenous organizations at all stages of the Settlement Agreement process. \* Transportation provided for counselling and cultural support when services are not available locally. \* Encountering strong emotional reactions pamphlet, tool to help recognize emotions: <https://www.sac-isc.gc.ca/eng/1657717020412/1657717043797>

**Eligibility:** former Indian Residential School students, their families

**Coverage area:** Canada

**Hours:** crisis line: 24 hours / 7 days

**Financing:** fédéral

**Legal status:** federal government agency

**INTERLIGNE**

Confidential Address

**514 866-0103****Website:** [interligne.co/en](http://interligne.co/en)**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec**Hours:** 24 hours / 7 days**Fees:** none**Financing:** federal, provincial, municipal**Legal status:** non-profit organization**LIGNE AÎNÉS VILLE-MARIE**

Confidential Address

**514 647-2874****Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)**Email:** [intervenante@carrefoursteusebe.ca](mailto:intervenante@carrefoursteusebe.ca)

**Services:** Phone line for seniors. \* Information and referrals. \* Identification, evaluation and analysis of needs by a community worker. \* Transmission of available resources at the local level. \* Linkage between seniors and the organization that meets their needs. \* Accompaniment by a community worker if needed. \* Monitoring of services offered and continuous update of information on local resources.

**Eligibility:** people 50 years old and over**Coverage area:** Ville-Marie**Hours:** Monday to Friday 9h00 to 16h00**Fees:** none**Financing:** donations, provincial**Legal status:** non-profit organization**LIGNE INFO-AIDANT**

400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4

**1 855 852-7784****Website:** [www.lappui.org/en](http://www.lappui.org/en)**Email:** [info-aidant@lappui.org](mailto:info-aidant@lappui.org)

**Services:** Free, confidential and professional telephone helpline for listening, information and referrals. \* Listening and psychosocial support. \* Information. \* Referral to appropriate services and resources in the various regions of Quebec. \* Training in the form of online programs. \* Directory of online resources.

**Eligibility:** caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving

**Coverage area:** Province of Québec**Hours:** Monday to Friday 8h00 to 18h00**Fees:** none**Financing:** provincial, foundations**Legal status:** non-profit organization

**MCGILL STUDENTS' NIGHTLINE**

Confidential Address

**514 398-6246**

**Website:** [nightline.ssmu.ca](http://nightline.ssmu.ca)

**Email:** [nightlineexternal@gmail.com](mailto:nightlineexternal@gmail.com)

**Services:** Anonymous and confidential active listening service during the evening and at night. \* Information and referral. \* Crisis intervention.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** 7 days, fall and winter semesters: 18h00 to 3h00, closed during the summer, the holidays and the study week

**Fees:** none

**Financing:** foundations

**Legal status:** non-profit organization

**PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE**

2402 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

**514 759-7276 Fax:** 514 759-7277

**Email:** [pasm.montreal@gmail.com](mailto:pasm.montreal@gmail.com)

**Services:** Organization composed of peer support workers who accompany people in the process of recovery. \* Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). \* Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. \* Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. \* Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. \* Referrals to other resources when necessary.

**Eligibility:** people 18 years old and over living with a mental health problem or emotional suffering

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h30

**Fees:** none

**Financing:** self-financing, provincial, federal, donations

**Legal status:** non-profit organization

**RELIEF - THE PATH OF MENTAL HEALTH**

418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6

**1 866 738-4873 Fax:** 514 529-3083

**Website:** [relief.ca/home](http://relief.ca/home)

**Email:** [relief@relief.ca](mailto:relief@relief.ca)

**Services:** \* Individual face-to-face or virtual support by phone, email and text. \* Individualized support service. \* Self-help groups for people living with anxiety, depressive or bipolar disorders. \* Self-help group for loved ones of people living with an anxiety, depressive or bipolar disorder. \* Virtual and in-person individual meetings. \* Virtual self-management workshops on the theme of depression or anxiety for Cégep or university students. \* Accredited training on self-management support to become a certified facilitator for our self-management workshops. \* Getting better my way: self-management support tool. \* Relief affaires: program offered to businesses and organization to support the creation of a healthy, balanced and safe work environment for mental health. \* Support to self-management workshops: depression, anxiety, bipolarity, work place and self-esteem.

**Eligibility:** people living with anxiety, depressive or bipolar disorders, their families and friends

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** self-help groups: membership fee \$40 per year, self-management workshops: from \$555 depending on the workshop (grant program available), individual counselling (a one-hour thematic meeting and a 30-minute telephone follow-up): \$95

**Financing:** fundraising campaigns, self-financing, provincial

**Legal status:** non-profit organization

### STELLA, L'AMIE DE MAIMIE

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

**514 285-1599 Fax:** 514 285-2465

**Website:** www.chezstella.org

**Email:** info@chezstella.org

**Services:** Support for sex workers. \* Information and referral. \* Helpline. \* Accompaniment. \* Street workers. \* Outreach with incarcerated women. \* Distribution of needles and condoms. \* Bad client list and support in case of violence. \* Sociocultural and educational activities. \* Monthly dinner. \* Collective action. \* Advocacy. \* Medical clinic for women working in the sex industry. \* Naloxone kits distribution. \* Distribution and delivery of fentanyl test strips.

**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### TEL-JEUNES

Confidential Address

**1 800-263-2266**

**Website:** www.teljeunes.com/en

**Email:** info@teljeunes.com

**Services:** \* Listening and psychosocial intervention by phone, chat, email and text message. \* Online exchange forum by and for youth. \* Chat with young counselling students, supervised by the professional team. \* Interactive, informative and educational content available online.

**Eligibility:** youth 20 years and under

**Coverage area:** Province of Québec

**Hours:** 7 days, phone: 6h00 to 2h00, text: 8h00 to 22h30, chat: 8h00 to 22h30

**Fees:** none

**Financing:** fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### URGENCE PSYCHOSOCIALE-JUSTICE

Confidential Address

**514 861-9331 ext. 208163 Fax:** 514 847-9194

**Website:** www.ciuss-centresudmtl.gouv.qc.ca

**Services:** \* Crisis intervention for situation involving all population living on the Montréal Island. \* Telephone counselling on avenues of intervention that can prevent the deterioration of a person's mental state.

**Eligibility:** community partners (e.g., SPVM, organizations from the health, social services and corrections networks, community organizations)

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** non-profit organization

## Mental health advocacy groups

### ARBORESCENCE

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2

**514 524-7131**

**Website:** [www.arborescence.quebec/en](http://www.arborescence.quebec/en)

**Email:** [accueil@arborescence.quebec](mailto:accueil@arborescence.quebec)

**Services:** Support for close ones of people living with a mental health disorder. \* Listening and referral line. \* Support groups. \* One-on-one, couple and family counselling. \* Conferences and psychoeducational workshops. \* Special projects. \* Services for teens: assistance services via text messaging, chat and social media platforms, individual face-to-face support services, dramatherapy. \* Online training services. \* Services for caregivers of seniors: individual and group services. \* Accompaniment services offered by family peer helpers. \* Services for businesses, public organizations and community organizations.

**Eligibility:** parents, friends, caregivers and close ones of adults living with a mental health problem, in the various spheres of their life (professional and personal)

**Capacity:** support group: 5 to 8 people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** Centraide of Greater Montréal, donations, foundations, provincial

**Legal status:** non-profit organization

### CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** [halte-ami.ca](http://halte-ami.ca)

**Email:** [centre\\_ecoute@halte-ami.ca](mailto:centre_ecoute@halte-ami.ca)

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

### CENTRE DE SOIR DENISE-MASSÉ

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059 Fax: 514 525-9346**

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## ÉQUIJUSTICE

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

**1 877 204-0250 Fax:** 514 522-5191

**Website:** equijustice.ca/en

**Email:** info@equijustice.ca

**Services:** Promotion of fair and accessible justice for all. \* Restorative justice, criminal mediation, citizen mediation, social mediation, specialized mediation. \* Mediation training. \* Parenthèse project at the Montréal courthouse: accompaniment and support for people considering a request for involuntary hospitalization. \*

Online members' directory: equijustice.ca/en/find-an-equijustice

**Eligibility:** adults, families and teenagers, victims, offenders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

## INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS AND HIGH-RISK BEHAVIOURS

3724 McTavish Street, Ville-Marie, Montréal, QC, H3A 1Y2

**514 398-1391 Fax:** 514 398-3401

**Website:** youthgambling.com

**Email:** ygi.educ@mcgill.ca

**Services:** Research center on youth gambling and related issues. \* Treatment of urgent cases. \* Information and documentation. \* Training and prevention activities. \* Social policy development.

**Eligibility:** youth living with a gambling problem or co-occurring disorder, their parents, counsellors, organizations

**Coverage area:** Province of Québec

**Financing:** provincial

**Legal status:** parapublic organization

## JAIDE

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**438 371-8090 Fax:** 438 555-555

**Website:** www.juristesadomicile.com

**Email:** avocats.jaide@gmail.com

**Services:** Justice, Access, Inclusion, Diversity and Equity (JAIDE) program. \* Legal support and information. \* Duty counsel service for representation before the courts in health law matters: custody orders, care orders, etc. \* Social follow-up.

**Eligibility:** persons who are the subject of a request for authorization to provide care or custody in a facility, their close ones

**Coverage area:** services by phone or email: Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except public holidays

**Fees:** annual membership: \$30

**Financing:** provincial, donations

**Legal status:** non-profit organization



**JURISTES À DOMICILE**

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** www.juristesadomicile.com

**Email:** juristesadomicile@gmail.com

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution

**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal

**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays

**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements

**Financing:** self-financing, donations, grants

**Legal status:** non-profit organization

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7

**514 398-2686**

**Website:** www.mcgill.ca/dvc

**Email:** derrolj@hotmail.com

**Services:** Domestic violence school based clinic. \* Individual, couple, family and group therapy by supervised McGill University students. \* Research in domestic violence.

**Eligibility:** people experiencing or perpetrating domestic violence, their partner, their family

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial

**Legal status:** parapublic organization

**REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC**

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**1 877 523-7919 Fax:** 514 523-7619

**Website:** www.rasmq.com

**Email:** rasmq@rasmq.com

**Services:** Promotion, development and maintenance of alternative organizations in mental health. \* Grouping of non-profit organizations and associations not subject to the Act Respecting Health Services and Social Services of Québec. \* Information and referral to community mental health organizations.

**Eligibility:** alternative mental health groups and organizations, general population

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**RELIEF - THE PATH OF MENTAL HEALTH**

418 Sherbrooke Street East, 3rd floor, Suite 300, Ville-Marie, Montréal, QC, H2L 1J6

**1 866 738-4873 Fax:** 514 529-3083

**Website:** relief.ca/home

**Email:** relief@relief.ca

**Services:** \* Individual face-to-face or virtual support by phone, email and text. \* Individualized support service. \* Self-help groups for people living with anxiety, depressive or bipolar disorders. \* Self-help group for loved ones of people living with an anxiety, depressive or bipolar disorder. \* Virtual and in-person individual meetings. \* Virtual self-management workshops on the theme of depression or anxiety for Cégep or university students. \* Accredited training on self-management support to become a certified facilitator for our self-management workshops. \* Getting better my way: self-management support tool. \* Relief affaires: program offered to businesses and organization to support the creation of a healthy, balanced and safe work environment for mental health. \* Support to self-management workshops: depression, anxiety, bipolarity, work place and self-esteem.

**Eligibility:** people living with anxiety, depressive or bipolar disorders, their families and friends

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** self-help groups: membership fee \$40 per year, self-management workshops: from \$555 depending on the workshop (grant program available), individual counselling (a one-hour thematic meeting and a 30-minute telephone follow-up): \$95

**Financing:** fundraising campaigns, self-financing, provincial

**Legal status:** non-profit organization

**Mental health housing****FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-4546 Fax:** 514 934-0063

**Website:** faceafacemontreal.org

**Email:** info@faceafacemontreal.org

**Services:** \* Active listening and support over the phone and in person. \* Individual counselling. \* Information and distribution of welfare checks. \* Information on housing search, low-cost housing and the area's shelters. \* Housing search for people who do not have access to the Internet. \* Reception of mail and telephone messages, proof of address for homeless people. \* Internet and telephone access. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Accompaniment to medical appointments, appointments with other organizations, apartment visits, procedures to apply for social housing, etc.

**Eligibility:** people in search of housing, people experiencing or at risk of experiencing homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 17h00, last week of the month: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES) - PHASE 7 - PAPINEAU-ONTARIO**

1959 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4J3

**514 658-8013**

**Website:** www.resac.org

**Email:** info@resac.org

**Services:** Permanent community social housing. \* Furnished studios including cable and laundry. \* Community support.

**Eligibility:** autonomous people on a low income 18 to 60 years old, who are experiencing or have experienced severe or moderate mental health problems and are homeless or at risk of homeless

**Capacity:** 14 studios

**Coverage area:** Montreal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

### **HADLEY COMMUNITY - ANNE'S HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

**514 933-6916 ext. 218**

**Website:** hadleycommunity.ca

**Email:** managerclientservices@hadleycommunity.ca

**Services:** Residence for semi-autonomous women. \* Support from a caseworker. \* Activities and programs preparing residents who wish to move into less supportive housing.

**Eligibility:** semi-autonomous women and transgender women living with a mental health problem, at risk of homelessness or in recovery from addiction

**Capacity:** 28 studios

**Coverage area:** Montréal Island

**Hours:** Monday to Friday, 9h00 to 17h00

**Fees:** 25% of income and service fees

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **HADLEY COMMUNITY - JOHN'S HOUSE**

1222, Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A5

**514 933-6916 ext. 218**

**Website:** hadleycommunity.ca

**Email:** managerclientservices@hadleycommunity.ca

**Services:** Residence for young men. \* Support from a caseworker. \* Activities and programs preparing residents who wish to move into less supervised housing.

**Eligibility:** men 20 to 35 years old who struggle with mental health issues, trauma, addiction, homelessness or at risk of homelessness

**Capacity:** 11 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 9h00 to 18h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **HADLEY COMMUNITY - MAIN HOUSE**

1197 Seymour Avenue, Ville-Marie, Montréal, QC, H3H 2A4

**514 933-6916**

**Website:** hadleycommunity.ca

**Email:** managerclientservices@hadleycommunity.ca

**Services:** Housing for men with ongoing struggles. \* Support from a caseworker. \* Yoga classes, art classes, various sports. \* Money and medication supervision for occupants. \* Work placement.

**Eligibility:** men and transgender men 18 years and over living with substance abuse issues, mental illness or at risk of homelessness

**Capacity:** 12 rooms

**Coverage area:** Montréal Island

**Hours:** 7 days, 8h30 to 17h30

**Fees:** \$800 per month

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT**

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396** Fax: 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

**OLD BREWERY MISSION - PAVILLON PATRICIA MACKENZIE - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE**

1301 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 2A4

**514 609-8582** Fax: 514 789-3793

**Website:** www.missionoldbrewery.ca/en

**Email:** info@oldbrewerymission.ca

**Services:** \* Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. \* Follow-up by health professionals.

**Eligibility:** homeless women living with severe and persistent mental health problems

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

**OLD BREWERY MISSION - PAVILLON WEBSTER - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE**

915, rue Clark, Ville-Marie, Montréal, QC, H2Z 1J8

**514 798-2244 ext. 229** Fax: 514 789-3793

**Website:** www.missionoldbrewery.ca/en

**Email:** info@oldbrewerymission.ca

**Services:** \* Follow-up and accommodations, including meals, in order to stabilize people with mental health and homelessness issues. \* Follow-up by health professionals.

**Eligibility:** homeless men living with severe and persistent mental health problems

**Capacity:** 13 beds

**Coverage area:** Montréal Island

**Fees:** free for the first month, \$358 for the following months

**Financing:** foundations

**Legal status:** non-profit organization

## Psychiatric services

### ALLAN MEMORIAL INSTITUTE

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

**514 934-1934 ext. 31798**

**Website:** muhc.ca

**Services:** Psychiatric day hospital. \* Individual and group therapy. \* External psychological services.

**Capacity:** 31 beds

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## Self-help groups for addiction issues

### COCAINE ANONYMOUS

1945 Papineau Street, Ville-Marie, Montréal, QC, H2K 4J3

**1 877 806-0581**

**Website:** www.caquebec.org/en/home

**Email:** appelalaide@caquebec.org

**Services:** Weekly mutual help group based on the 12 steps program for people who want to stop using cocaine or all other mind-altering substances. \* Online list of meetings: www.caquebec.org/en/meetings

**Eligibility:** people with an addiction to cocaine, drugs or any substance that alters behaviour

**Coverage area:** Province of Québec

**Hours:** helpline: 24 hours / 7 days

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

### CRYSTAL METH ANONYMOUS - MONTRÉAL

1223B Atateken Street, Ville-Marie, Montréal, QC, H2L 3K9

**Website:** www.cmamtl.org/en

**Email:** mail@cmamtl.org

**Services:** Support to people struggling with addiction to methamphetamine (crystal meth). \* Discussion group.

**Eligibility:** people who want to stop using methamphetamine (crystal meth), their relatives

**Coverage area:** Montréal Island

**Hours:** bilingual meeting open to all: Tuesday 19h30 and Friday 19h30, bilingual meeting for dependent people only: Saturday 19h30, French only meeting open to all: Thursday 19h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### GRUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

**514 523-0979 Fax:** 514 523-3075

**Website:** geipsi.ca

**Email:** info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

## GROUPE HARMONIE

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-2640 Fax:** 514 934-3776

**Website:** [groupeharmonie.org/en/](http://groupeharmonie.org/en/)

**Email:** [info@groupeharmonie.org](mailto:info@groupeharmonie.org)

**Services:** Support to people 55 years and over, struggling with addiction to alcohol, drugs or other substances. \* One-on-one support assistance. \* Welcome, brief intervention and referral. \* Prevention and awareness workshops for users and workers. \* Support groups. \* Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM). \* Workshops in the community. \* Caregiver support.

**Eligibility:** people 55 years and over struggling with problems related to addiction on alcohol, medication or other substances, as well as their caregivers.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

## PRÉVENTION EN DÉPENDANCE - CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL

1801, boulevard de Maisonneuve Ouest, Ville-Marie, Montréal, QC, H3H 1J9

**Email:** [accueilcentralise.ccomtl@ssss.gouv.qc.ca](mailto:accueilcentralise.ccomtl@ssss.gouv.qc.ca)

**Services:** Front-line addiction services. \* Information on addiction. \* Prevention. \* Relapse prevention. \* Reflection on consumption habits and possible solutions. \* Mes choix Alcool. \* Mes choix Toutes substances. \* Mes choix Jeu. \* Support for loved ones.

**Eligibility:** people wondering about their habits of consumption of alcohol, drugs, gambling or Internet use, their loved ones

**Coverage area:** Côte-des-Neiges-Notre-Dame-de-Grâce, Côte-Saint-Luc, une partie du Plateau-Mont-Royal, Ville Mont-Royal, Montréal-Ouest, Outremont, une partie de Ville-Marie, Parc-Extension, Westmount

**Legal status:** provincial government agency

## SEX AND LOVE ADDICTS ANONYMOUS

1341 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 2L9

**Website:** [dasa-slaa-mtl.cbti.net/home.html](http://dasa-slaa-mtl.cbti.net/home.html)

**Email:** [mtldasaslaa@gmail.com](mailto:mtldasaslaa@gmail.com)

**Services:** 12-step weekly self-help groups on emotional and sexual addiction, based on the model established by Alcoholics Anonymous. \* List of meetings online: [dasa-slaa-mtl.cbti.net/meetings.html](http://dasa-slaa-mtl.cbti.net/meetings.html)

**Eligibility:** adults with a sexual or emotional addiction

**Capacity:** 20

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** voluntary contribution

**Financing:** contributions, donations

**Legal status:** non-profit organization

## Self-help groups for mental health issues

### FONDATION PALLIAMI

1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4

**514 413-8777 ext. 127434 Fax:** 514 760-1095

**Website:** palliami.org

**Email:** lleblond@palliami.org

**Services:** Notre-Dame Hospital palliative care unit. \* Moral support to patients and their families. \*

Bereavement follow-up. \* in-person or virtual support group for bereaved people. \* Volunteers accompaniment.

\* Massage therapy. \* Public writer. \* Piano. \* Zootherapy.

**Eligibility:** people with a terminal illness, their families

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Hours:** 7 days, 7h30 to 21h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**Seniors****CAREGIVERS****COMMUNITY AND RECREATION CENTRES****DAY CENTRES AND RESPITE****FRIENDLY VISITS AND SAFETY CALLS****HOME SUPPORT****HOUSING FOR SENIORS****INTERGENERATIONAL ACTIVITIES****INTERVENTION WITH SENIORS SUBJECTED TO ABUSE****MEALS ON WHEELS****SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS****VOLUNTEER TRANSPORTATION**



## Caregivers

### ASSOCIATION QUÉBÉCOISE DE SOINS PALLIATIFS

1130 de Montbrun Street, Ville-Marie, Montréal, QC, H3A 3C6

**514 826-9400**

**Website:** [www.aqsp.org](http://www.aqsp.org)

**Email:** [info@aqsp.org](mailto:info@aqsp.org)

**Services:** Promoting palliative care.\* Training and events. \* Directory of online resources.

**Eligibility:** caregivers, general public, social workers, volunteers, professionals

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** training: variable

**Financing:** membership fees

**Legal status:** non-profit organization

### FEDERATION OF QUEBEC ALZHEIMER SOCIETIES

460 Sainte-Catherine Street West, Suite 507, Ville-Marie, Montréal, QC, H3B 1A7

**1 844 320-9722**

**Website:** [alzheimer.ca/federationquebecoise/en](http://alzheimer.ca/federationquebecoise/en)

**Email:** [info@alzheimerquebec.ca](mailto:info@alzheimerquebec.ca)

**Services:** \* Advocacy and awareness. \* Public information and training of health care professionals. \* Support, counselling workshops, follow-up. \* Housing support. \* Respite and stimulation. \* First Link: help by phone. \* Provincial research funds.

**Eligibility:** people with Alzheimer's disease or a major neurocognitive disorder, their families and caregivers

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** membership fees, donations, grants

**Legal status:** non-profit organization

### HUNTINGTON SOCIETY OF QUÉBEC

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

**1 877 282-2444**

**Website:** [www.huntingtonqc.org](http://www.huntingtonqc.org)

**Email:** [shq@huntingtonqc.org](mailto:shq@huntingtonqc.org)

**Services:** \* Weekly workshops on sensorimotor stimulation for people living with the disease. \* Listening, support and referrals. \* Online documentation. \* Open support group for caregivers and families. \* Public awareness. \* Family accompaniment and training. \* Conference day. \* Summer camp for people living with the disease. \* Healing stay for caregivers.

**Eligibility:** adults and teenagers with Huntington disease, their caregivers, their family, the health professionals who work with them

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** provincial, donations, fundraising campaigns, self-financing

**Legal status:** non-profit organization

### LIGNE INFO-AIDANT

400 de Maisonneuve Boulevard West, Suite 720, Ville-Marie, Montréal, QC, H3A 1L4

**1 855 852-7784**

**Website:** [www.lappui.org/en](http://www.lappui.org/en)

**Email:** [info-aidant@lappui.org](mailto:info-aidant@lappui.org)

**Services:** Free, confidential and professional telephone helpline for listening, information and referrals. \* Listening and psychosocial support. \* Information. \* Referral to appropriate services and resources in the various regions of Quebec. \* Training in the form of online programs. \* Directory of online resources.

**Eligibility:** caregivers, their families, stakeholders, health professionals or anyone else with questions about caregiving

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 18h00

**Fees:** none

**Financing:** provincial, foundations

**Legal status:** non-profit organization

## MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## PARKINSON MONTREAL-LAVAL

560 Ontario Street East, Ville-Marie, Montréal, QC, H2L 0B6

**514 868-0597 Fax: 514 861-4510**

**Website:** parkinsonmontreallaval.ca/en

**Email:** montreal-laval@parkinsonquebec.ca

**Services:** \* Referral and information line. \* Meeting for people recently diagnosed and their families. \* Support group for people living with Parkinson's. \* Support group for caregivers. \* Counselling for caregivers. \* Referrals for adapted exercises: singing, dancing, boxing, walking, yoga, stretching, etc. \* Tandem: pairing for diagnosed people. \* Virtual and in-person conferences.

**Eligibility:** people living with Parkinson's disease, their caregivers

**Capacity:** according to activity

**Coverage area:** Montréal Island, Laval

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** none

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

## PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE

2402 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

**514 759-7276 Fax: 514 759-7277**

**Email:** pasm.montreal@gmail.com

**Services:** Organization composed of peer support workers who accompany people in the process of recovery. \* Listening and support to anyone experiencing mental health difficulties or emotional suffering on a daily basis, such as: anxiety disorders (phobia, panic disorder, generalized anxiety), personality disorder, mood disorders (depression, bipolar disorder), psychotic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), all other problems affecting emotional balance (stress, loneliness, grief, Covid-19, burnout). \* Peer support approach based on the experiential and life experience of the counsellors and the tools they have developed throughout their journey towards recovery, allowing them to understand the person in what he or she is experiencing. \* Family peer support service: member of the family of a person living with a mental health problem, who has been trained to listen to and support the family and loved ones. \* Support to the recovery process by favouring personal autonomy, social integration, initiatives, community involvement and full citizenship. \* Referrals to other resources when necessary.

**Eligibility:** people 18 years old and over living with a mental health problem or emotional suffering

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 15h30

**Fees:** none

**Financing:** self-financing, provincial, federal, donations

**Legal status:** non-profit organization

## **YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 226**

**Website:** [www.ydesfemmesmtl.org/en/community-services/caregivers](http://www.ydesfemmesmtl.org/en/community-services/caregivers)

**Email:** [prochesaidantes@ydesfemmesmtl.org](mailto:prochesaidantes@ydesfemmesmtl.org)

**Services:** \* Information, referral and support. \* Individual and family counselling. \* Support group. \* Legal information. \* Therapeutic workshops. \* Social and relaxation activities: yoga, meditation. \* Conferences in person and online. \* Respite care for participants. \* Specific support services for caregivers of people living with cancer.

**Eligibility:** women caregivers

**Coverage area:** Montréal Island

**Hours:** intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **Community and Recreation Centres**

### **ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 878-0847 Fax:** 514 878-0452

**Website:** [www.acv-montreal.com](http://www.acv-montreal.com)

**Email:** [info@acv-montreal.com](mailto:info@acv-montreal.com)

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

### ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE

Confidential Address

**514 730-8870**

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** www.asccs.qc.ca

**Email:** centre@asccs.qc.ca

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaigns, self-financing, municipal, membership fees

**Legal status:** non-profit organization

### CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** carrefoursteusebe.ca

**Email:** direction@carrefoursteusebe.com

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial  
**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

**Fees:** annual membership: \$10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### **CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** www.famillechinoise.qc.ca

**Email:** direction@famillechinoise.qc.ca

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### **CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** cjcm.ca

**Email:** info@cjcm.ca

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

### **MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)**

680 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 2M7

**514 398-8234 Fax:** 514 398-2757

**Website:** [www.mcgill.ca/mccl](http://www.mcgill.ca/mccl)

**Email:** [mccl.scs@mcgill.ca](mailto:mccl.scs@mcgill.ca)

**Services:** Lifelong learning program focused on the exchange of knowledge, ideas and experiences. \* Study groups in person or online on a wide range of subjects: art, music, culture, literature, history, politics, health and science, etc. \* Workshops and outings. \* Conferences in person or online. \* How to register: [click here](#) \* Video clips: [click here](#) \* Library, study rooms, computer support, etc.

**Eligibility:** general public, mainly seniors

**Coverage area:** Greater Montréal

**Hours:** autumn, winter and spring semesters: Monday to Thursday 9h00 to 16h00, summer semester: Wednesday

**Fees:** registration: \$125 per semester

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## **Day centres and respite**

### **ACCUEIL BONNEAU**

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906 Fax:** 514 845-2287

**Website:** [www.accueilbonneau.com/en](http://www.accueilbonneau.com/en)

**Email:** [info@accueilbonneau.com](mailto:info@accueilbonneau.com)

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN**

1440 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J3

**514 527-8921**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care. \* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Financing:** provincial

**Legal status:** parapublic organization

### LIGNE AÎNÉS VILLE-MARIE

Confidential Address

**514 647-2874**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [intervenante@carrefoursteusebe.ca](mailto:intervenante@carrefoursteusebe.ca)

**Services:** Phone line for seniors. \* Information and referrals. \* Identification, evaluation and analysis of needs by a community worker. \* Transmission of available resources at the local level. \* Linkage between seniors and the organization that meets their needs. \* Accompaniment by a community worker if needed. \* Monitoring of services offered and continuous update of information on local resources.

**Eligibility:** people 50 years old and over

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

### MONTRÉAL CHINESE HOSPITAL

189 Viger Avenue East, Ville-Marie, Montréal, QC, H2X 3Y9

**514 871-0961 Fax:** 514 871-0966

**Website:** [www.montrealchinesehospital.ca/home\\_en.html](http://www.montrealchinesehospital.ca/home_en.html)

**Email:** [info.hcm@ssss.gouv.qc.ca](mailto:info.hcm@ssss.gouv.qc.ca)

**Services:** Medical care and long-term housing. \* Day centre: complementary services to home care, activities, preventive and therapeutic care. \* Outpatient clinic. \* Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** accommodation: adults and seniors, particularly from China or Southeast Asia coping with a permanent disability or who have lost, in part or fully, their mobility and independence, day center: seniors of the Chinese and Southeast Asia communities

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

## Friendly visits and safety calls

### ACTION CENTRE-VILLE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 868-3368 Fax:** 514 878-0452

**Website:** [acv-montreal.com](http://acv-montreal.com)

**Email:** [info@acv-montreal.com](mailto:info@acv-montreal.com)

**Services:** Community outreach work for vulnerable seniors.

**Eligibility:** retired and pre-retired people 50 years and over

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** annual membership: \$15

**Financing:** membership fees, Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**438 496-5212**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [intervenante@carrefoursteusebe.ca](mailto:intervenante@carrefoursteusebe.ca)

**Services:** Community outreach work for vulnerable seniors. \* Identification and accompaniment of vulnerable or fragile seniors in order to promote a connection or a reconnection to relevant resources in their community.

**Eligibility:** seniors 50 years and over, particularly seniors with a loss of autonomy

**Coverage area:** Centre-Sud: bounded by the streets Saint-Joseph to the north, de la Gauchetière to the south, Viau to the east, Jeanne-Mance to the west

**Hours:** administration: Monday to Friday 8h30 to 16h00

**Fees:** membership: \$10 per year

**Financing:** donations, provincial

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 ext. 201** Fax: 514 524-6756

**Website:** [www.cclsca.qc.ca](http://www.cclsca.qc.ca)

**Email:** [information@cclsca.qc.ca](mailto:information@cclsca.qc.ca)

**Services:** Community outreach work for vulnerable seniors.

**Eligibility:** seniors

**Coverage area:** Ville-Marie

**Hours:** December 1st to March 21st: Monday to Friday 9h00 to 16h00, March 21st to June 15th: Monday to Friday 9h00 to 20h00

**Fees:** annual membership: \$10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization



**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244** Fax: 514 861-9008

**Website:** www.famillechinoise.qc.ca

**Email:** direction@famillechinoise.qc.ca

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575** Fax: 514 934-3776

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**FONDATION DR CLOWN**

1200 de Bleury Street, Ville-Marie, Montréal, QC, H3B 3J3

**514 845-7628**

**Website:** fondationdrclown.ca

**Email:** info@drclown.ca

**Services:** Therapeutic clowns to improve the quality of life and well-being of people with vulnerable health. \* Areas of intervention: autism, child psychiatry, hospitalized children, intellectual and physical disabilities in young people (specialized schools), elementary school, palliative care, geriatrics, adults in general hospitals. \* Pediatric programs: visits to hospitals, rehabilitation centre and specialized schools. \* La Belle Visite geriatric program: visits for seniors in nursing homes and for adults in hospital or in palliative care. \* Training in clowning. \* Workshops and conferences.

**Eligibility:** children, parents, seniors, adults in hospital or palliative care

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** visits: none, workshops, conferences and training: variable

**Financing:** donations, foundations

**Legal status:** non-profit organization

**GROUPE HARMONIE**

1801 De Maisonneuve Boulevard West, Suite 760, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-2640** Fax: 514 934-3776

**Website:** groupeharmonie.org/en/

**Email:** info@groupeharmonie.org

**Services:** Support to people 55 years and over, struggling with addiction to alcohol, drugs or other substances.

\* One-on-one support assistance. \* Welcome, brief intervention and referral. \* Prevention and awareness workshops for users and workers. \* Support groups. \* Outreach work and psychosocial support for vulnerable seniors living in low-rent housing units (HLM). \* Workshops in the community. \* Caregiver support.

**Eligibility:** people 55 years and over struggling with problems related to addiction on alcohol, medication or other substances, as well as their caregivers.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

**MISSIONARIES OF CHARITY**

2467 Champagne Street, Ville-Marie, Montréal, QC, H2K 2G9

**514 524-6372**

**Services:** \* Soup kitchen. \* Home visits for families and seniors.

**Eligibility:** people in need

**Coverage area:** Montréal Island

**Hours:** soup kitchen: 15h30 to 18h00 everyday, except on Thursday

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**PAS DE LA RUE (LE)**

1575 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1699** Fax: 514 526-1411

**Website:** pasdelarue.org

**Email:** coordo@pasdelarue.org

**Services:** Outreach proximity intervention. \* Day centre: welcoming, socialization, respite, information, activities, exchanges and outings, soup and snacks. \* Listening, referral, helping relationship. \* Nurse clinic. \* Food safety. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Subsidized housing with community support program. \* Tax clinic.

**Eligibility:** people 55 years old and over who are homeless or in a very precarious situation, subsidized housing: people admitted to the day centre, gross income less than \$20,000

**Capacity:** 80

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 15h00, open on holidays

**Financing:** donations, foundations, grants

**Legal status:** non-profit organization

**Home support****ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 878-0847** Fax: 514 878-0452

**Website:** www.acv-montreal.com

**Email:** info@acv-montreal.com

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

## CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

## DIRECT ALLOWANCE SERVICE EMPLOYMENT PAYCHEQUE PROGRAM

Confidential Address

**1 877 644-4545 TTY: 1 800 361-9596**

**Website:** [www.quebec.ca/famille-et-soutien-aux-personnes/inaptitude-perte-autonomie/services-soutien-domicile](http://www.quebec.ca/famille-et-soutien-aux-personnes/inaptitude-perte-autonomie/services-soutien-domicile)

**Services:** Ministère de la Santé et des Services Sociaux program. \* Arrangement for the delivery of home care support services that allow the user to choose and hire the worker who will provide some of their home care support services. \* May include the following services: personal assistance, bathing assistance, food assistance, clothing assistance, mobility and home transfers, domestic help, housework, meal preparation, laundry, errands, etc. \* Information leaflet: [publications.msss.gouv.qc.ca/msss/fichiers/2008/08-513-02A.pdf](http://publications.msss.gouv.qc.ca/msss/fichiers/2008/08-513-02A.pdf)

**Eligibility:** people with a stable loss of autonomy or disabilities, living at home, requiring long-term services and who can take on the responsibilities of the program

**Coverage area:** Province of Québec

**Hours:** Services Québec: Monday to Friday 8h00 to 18h00

**Financing:** provincial

**Legal status:** provincial government agency

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575** Fax: 514 934-3776

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**SPECTRE DE RUE - TAPEL**

1280 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R6

**514 528-1700 ext. 231**

**Website:** www.spectrederue.org

**Email:** tapaj@spectrederue.org

**Services:** Residential snow removal.

**Eligibility:** people with reduced mobility, seniors aged 70 and over with a loss of autonomy

**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Hours:** variable

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

**Housing for seniors****APPARTEMENTS DU VIEUX-PORT (LES)**

605 Wolfe Street, Ville-Marie, Montréal, QC, H2L 0A2

**514 297-4767**

**Email:** appartementsvp605@gmail.com

**Services:** \* Housing for autonomous seniors or with a slight loss of autonomy.

**Eligibility:** seniors 65 years old and over, autonomous or with a slight loss of autonomy

**Capacity:** 67 units

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

**CANADA MORTGAGE AND HOUSING CORPORATION**

1100 René-Lévesque Boulevard West, 1st floor, Ville-Marie, Montréal, QC, H3B 5J7

**1 800 668-2642** TTY: 1 800 309-3388

**Website:** www.cmhc-schl.gc.ca/en

**Email:** contactcentre@cmhc.ca

**Services:** Canada's authority on housing. \* Contribution to the stability of the financial system. \* Facilitation of the access to housing. \* Dissemination of housing research. \* Mortgage calculator. \* Advising to governments, individuals and the housing industry.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

### **CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN**

1440 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J3

**514 527-8921**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-emilie-gamelin)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.  
\* Day centre with therapeutic services for seniors living at home.

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT ERNEST-ROUTHIER**

2110 Wolfe Street, Ville-Marie, Montréal, QC, H2L 4V4

**514 842-7180**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-ernest-routhier](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-ernest-routhier)

**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 Plateau-Mont-Royal, Ville-Marie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT PAUL-ÉMILE-LÉGER**

66 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2X 1N3

**514 861-9331**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-paul-emile-leger](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-dhebergement-paul-emile-leger)

**Services:** Public housing centre for seniors and people with a loss of autonomy. \* Housing and long term care.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** Le Plateau-Mont-Royal, Ville-Marie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE YEE KANG DE MONTRÉAL**

1075 de Bullion Street, Ville-Marie, Montréal, QC, H2X 0A1

**514 875-8988**

**Email:** [yeekangcenter@hotmail.com](mailto:yeekangcenter@hotmail.com)

**Services:** Subsidized housing for autonomous seniors.

**Eligibility:** people 65 years old and over from an Asian community

**Capacity:** 84 apartments

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** subsidized rent: 25% of the income plus service fees

**Financing:** provincial

**Legal status:** non-profit organization

**CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - ROOMING HOUSE**

Confidential Address

**514 937-2341 ext. 332****Website:** [www.chezdoris.org/en/](http://www.chezdoris.org/en/)**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)**Services:** Permanent residence for social reintegration. \* Single rooms with private bathroom. \* Access to kitchens, communal lounges and outdoor terraces. \* Accompaniment by social workers.**Eligibility:** women experiencing or at risk of homelessness**Capacity:** 20 rooms**Coverage area:** Montréal Island**Hours:** security officer: 24 hours / 7 days**Fees:** 25% of rent**Financing:** federal, provincial, municipal, grants, donations**Legal status:** non-profit organization**LOGEMENT COMMUNAUTAIRE CHINOIS PHASE II**

1070 de l'Hôtel-de-Ville Avenue, Ville-Marie, Montréal, QC, H2X 3A6

**514 879-1325****Services:** Subsidized housing with services for seniors. \* Studio, 3½ and 4½. \* Meals. \* Maintenance and cleaning.**Eligibility:** seniors 65 years and over, autonomous or with a slight loss of autonomy, on a low income, from the Chinese community**Capacity:** 20 studios**Coverage area:** Montréal Island**Fees:** 25% of income based on provincial notice of assessment**Financing:** municipal, provincial**Legal status:** non-profit organization**MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE**

545 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2L 5E1

**514 843-3739 Fax:** 514 843-6964**Website:** [www.maisondupere.org/?lang=en](http://www.maisondupere.org/?lang=en)**Email:** [info@maisondupere.org](mailto:info@maisondupere.org)**Services:** Permanent housing for homeless seniors. \* Private room with psychosocial follow-up. \* Meals. \* Budget and medication management. \* Personal care and accompaniment to medical appointments. \* Social activities. \* Regular attendance of health workers. \* Assistance with testament and funeral arrangements. \* Tax clinic.**Eligibility:** men 55 years and over who have been homeless, have suffered or are suffering from addictions or mental health issues and want to get off the street**Capacity:** 87 rooms**Coverage area:** Greater Montréal**Hours:** 24 hours / 7 days**Financing:** donations, grants**Legal status:** non-profit organization**MONTRÉAL CHINESE HOSPITAL**

189 Viger Avenue East, Ville-Marie, Montréal, QC, H2X 3Y9

**514 871-0961 Fax:** 514 871-0966**Website:** [www.montrealchinesehospital.ca/home\\_en.html](http://www.montrealchinesehospital.ca/home_en.html)**Email:** [info.hcm@ssss.gouv.qc.ca](mailto:info.hcm@ssss.gouv.qc.ca)**Services:** Medical care and long-term housing. \* Day centre: complementary services to home care, activities, preventive and therapeutic care. \* Outpatient clinic. \* Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** accommodation: adults and seniors, particularly from China or Southeast Asia coping with a permanent disability or who have lost, in part or fully, their mobility and independence, day center: seniors of the Chinese and Southeast Asia communities

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

### ONROULE.ORG

Confidential Address

**438 476-7012**

**Website:** onroule.org/en

**Email:** info@onroule.org

**Services:** Web directory of accessible public places and businesses, accessible and adaptable housing, accessible organizations and accessibility resources.

**Eligibility:** people with reduced mobility, young families, seniors, people living with functional limitations, people living with a disability

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### QUEBEC SENIORS' HOUSING GROUP

425 de Maisonneuve Boulevard West, Suite 1008, Ville-Marie, Montréal, QC, H3A 3G5

**1 888 440-3777 Fax:** 514 526-2662

**Website:** www.rqra.qc.ca

**Email:** info@rqra.qc.ca

**Services:** Grouping, representing and supporting member private residences. \* Resources to help people in their search.

**Eligibility:** managers of private housing establishments and nursing homes for autonomous seniors or seniors with a loss of autonomy, seniors searching for a residence

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM

Confidential Address

**514 940-1481 TTY:** 1 800 361-3795

**Website:** www.revenuquebec.ca/en/citizens/your-situation/low-income/shelter-allowance-program

**Services:** Monthly allowance for individuals or families on a low income spending a large amount of their budget on rent or mortgage payments. \* From October 1st 2024 to September 30th 2025: financial assistance of up to \$170 per month.

**Eligibility:** people 50 years and over living alone, couples in which one member is aged 50 years and over, households on a low income with at least one dependent child

**Coverage area:** Province of Québec

**Hours:** phone services: Monday to Friday 8h30 to 16h30

**Financing:** provincial, federal

**Legal status:** provincial government agency

**SOCIÉTÉ D'HABITATION DU QUÉBEC**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315** Fax: 514 873-8340

**Website:** [www.habitation.gouv.qc.ca/english](http://www.habitation.gouv.qc.ca/english)

**Email:** [infoshq@shq.gouv.qc.ca](mailto:infoshq@shq.gouv.qc.ca)

**Services:** Improving housing conditions. \* Housing assistance programs. \* List of cooperatives, non-profit housing organizations, technical resources groups and housing offices in Québec:

[www.habitation.gouv.qc.ca/repertoire](http://www.habitation.gouv.qc.ca/repertoire) \* Complaints reception on services provided by the SHQ or one of its partners.

**Eligibility:** low or moderate income households, families, seniors, people with disabilities, Native people living off-reserve, Inuit, people with special housing needs, homeless people, women and children victims of violence

**Coverage area:** Province of Québec

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** non-profit organization

**SOCIÉTÉ D'HABITATION DU QUÉBEC - RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM**

500 René-Lévesque Boulevard West, 17th floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 463-4315**

**Website:** [www.habitation.gouv.qc.ca/programme/programme/programme\\_dadaptation\\_de\\_domicile.html](http://www.habitation.gouv.qc.ca/programme/programme/programme_dadaptation_de_domicile.html)

**Email:** [infoshq@shq.gouv.qc.ca](mailto:infoshq@shq.gouv.qc.ca)

**Services:** Financial aid for owners or landlords to get renovations done that will enable tenants with reduced mobility to live longer in their homes.

**Eligibility:** people with reduced mobility: seniors and people with a permanent physical disability

**Coverage area:** Province of Québec, except Montréal

**Financing:** provincial

**Legal status:** non-profit organization

**SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL**

800 De Maisonneuve Boulevard East, Suite 2200, Ville-Marie, Montréal, QC, H2L 4L8

**514 380-7436**

**Website:** [www.shdm.org/en](http://www.shdm.org/en)

**Email:** [info@shdm.org](mailto:info@shdm.org)

**Services:** Management of non-subsidized affordable residential buildings (apartments and rooming houses). \* Interactive map of housing units currently for rent: [www.shdm.org/en/renters/housing-for-rent](http://www.shdm.org/en/renters/housing-for-rent)

**Eligibility:** families or single people, Autonomie+ buildings: retired or pre-retired people 55 years old and over

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, outside opening hours: access to the emergency telephone service for tenants 24 hours / 7 days

**Fees:** variable

**Financing:** municipal, provincial, federal

**Legal status:** non-profit organization

**STUDIOS VILLE-MARIE (LES)**

2310 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E7

**514 526-8860** Fax: 514 527-7388

**Services:** Subsidized housing with community support. \* Rooms and studios.

**Eligibility:** people 40 years and over living alone, on a low income, homeless or at risk of homelessness

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization



## Intergenerational activities

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### ASSOCIATION DES FAMILLES DU CENTRE-SUD

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** [www.assofamilles.wordpress.com](http://www.assofamilles.wordpress.com)

**Email:** [info@associationdesfamillescentresud.com](mailto:info@associationdesfamillescentresud.com)

**Services:** Gather Centre-Sud neighbourhood parents from all origins in a meeting, creation and resourcing place to capitalize their knowledge and expertise for the benefit of the community. \* Activities and workshops for families and parents. \* Workshops: cooking, dance, arts and crafts, reading stimulation, popular education, discussion and sharing between different cultures and generations. \* Participation in neighbourhood revitalization activities.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, activities and special events on Facebook and on the website

**Fees:** annual contribution: \$2 for active members and \$5 for friend members

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### MAISON DES FAMILLES DU CENTRE-SUD (LA)

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** [www.assofamilles.wordpress.com](http://www.assofamilles.wordpress.com)

**Email:** [info@associationdesfamillescentresud.com](mailto:info@associationdesfamillescentresud.com)

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

## SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE

2120 Sherbrooke Street East, Suite 212, Ville-Marie, Montréal, QC, H2K 1C3

514 523-5677

**Website:** [www.sroh.org/fr](http://www.sroh.org/fr)

**Email:** [info@sroh.org](mailto:info@sroh.org)

**Services:** Supporting people for better self-knowledge. \* Education and prevention. \* Discussion and mutual-help groups on human identity. \* Emotional Intelligence column. \* Interactive books for children: discovering insecurity, discovering oneself and others. \* Video clips and podcasts: emotional intelligence, learning and children's identity, etc. \* Podcasts through the Youtube channel: Émotions au coeur de l'action \* Magazine Psychologie préventive.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday by appointment

**Fees:** none

**Financing:** dons, provincial

**Legal status:** non-profit organization

## Intervention with seniors subjected to abuse

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

514 861-5244 Fax: 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### **JASMIN ROY SOPHIE DESMARAIS FOUNDATION**

296 Saint-Paul Street West, Suite 300, Ville-Marie, Montréal, QC, H2Y 2A3

**514 730-9057**

**Website:** [fondationjasminroy.com/en](http://fondationjasminroy.com/en)

**Email:** [info@fondationjasminroy.info](mailto:info@fondationjasminroy.info)

**Services:** Promotion and creation of positive and caring environments. \* Directory of organizations supporting victims, abusers or witnesses: [fondationjasminroy.com/en/need-help](http://fondationjasminroy.com/en/need-help) \* Development of educational tools and practical guides. \* Virtual reality workshops. \* Les Grandes Rencontres: teaching staff training tour. \* Supporting research against violence, discrimination and bullying. \* Awareness raising and promotion of anti-bullying initiatives. \* Promotion of gender equality, sexual and gender diversity, and cultural diversity.

**Eligibility:** organizations, schools and school workers, general public

**Coverage area:** Province of Québec

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

### **RESPECTING ELDERS COMMUNITIES AGAINST ABUSE**

2155 Guy Street, Suite ER-643, Ville-Marie, Montréal, QC, H3G 1M8

**1 855 419-2424**

**Website:** [recaa.ca](http://recaa.ca)

**Email:** [recaa.montreal@gmail.com](mailto:recaa.montreal@gmail.com)

**Services:** Raising awareness and preventing elder mistreatment. \* Popular theatre workshop: staging to establish a dialogue on abuse in different ethno-cultural communities and to recognize the signs of elder mistreatment.

**Eligibility:** seniors, their relatives, community organizations, general public

**Coverage area:** Greater Montréal, mainly Montréal Island

**Hours:** on appointment, Thursday 10h00 to 15h00

**Financing:** grants, self-financing, provincial

**Legal status:** non-profit organization

## **Meals on Wheels**

### **ACTION CENTRE-VILLE**

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9

**514 878-0847 Fax: 514 878-0452**

**Website:** [www.acv-montreal.com](http://www.acv-montreal.com)

**Email:** [info@acv-montreal.com](mailto:info@acv-montreal.com)

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over

**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

**Seniors' Advocacy and Assistance Associations****ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP**

1857 De Maisonneuve Boulevard West, Suite 120, Ville-Marie, Montréal, QC, H3H 1J9

**514 906-1845** Fax: 514 937-5548

**Website:** [adpbc.org/en](http://adpbc.org/en)

**Email:** [curabec@outlook.com](mailto:curabec@outlook.com)

**Services:** \* Legal information and referral. \* Help to fill out forms and write letters. \* Accompaniment to court. \* Monitoring of public curator. \* Advocacy Group for human rights related to public curatorship.

**Eligibility:** people coping with inability, protection regimes and public curatorship

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** self-financing

**Legal status:** non-profit organization

**COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ**

2349 de Rouen Street, 4th floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 288-7122**

**Website:** [www.comaco.qc.ca](http://www.comaco.qc.ca)

**Email:** [reseau@comaco.qc.ca](mailto:reseau@comaco.qc.ca)

**Services:** \* Grouping, representation and advocacy to promote seniors' continued implication in the community. \* Facilitation of the contestation, discussions and dissemination of information between the members and community players.

**Eligibility:** community organizations

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE**

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**COMMUNITY LEGAL CENTRE OF MONTRÉAL**

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

**JURISTES À DOMICILE**

338 Saint-Antoine Street East, Suite 202, Ville-Marie, Montréal, QC, H2Y 1A3

**514 944-9929 Fax:** 514 339-9956

**Website:** [www.juristesadomicile.com](http://www.juristesadomicile.com)

**Email:** [juristesadomicile@gmail.com](mailto:juristesadomicile@gmail.com)

**Services:** Jurists services on-site or at-home and referencing to lawyers for legal services at a low cost. \* Assistance, guidance and legal information. \* Mediation services and alternative conflict resolution modes. \* Preparation of formal notice and complaints against institution and organizations. \* Preparation of a case before the Small Claims Court. \* JAIDE Program: Lawyers available on-call for representation before the courts in health law matters: Court-ordered institutional confinement, court-ordered medical care, etc. \* Housing law. \* Family law. \* Civil law, contractual, hidden defects. \* Labor law (CNESST, etc.). \* Administrative law (SAAQ, etc.). \* Criminal and penal law. \* Inheritance law. \* Health law (mandate of protection, power of attorney, institutional care and prescription of care).

**Eligibility:** vulnerable people, people disadvantaged by the complexity of the legal system, elderly people in a situation of abuse, people who are the subject of a request for commitment to a health care institution  
**Coverage area:** services by phone or email: Province of Québec, home visits: Greater Montréal  
**Hours:** by appointment only, Monday to Friday 9h00 to 17h00, except holidays  
**Fees:** membership card: \$30 per year, first hour of consultation: free, referrals to lawyers for legal services: variable, with the possibility of flat rate or percentage agreements  
**Financing:** self-financing, donations, grants  
**Legal status:** non-profit organization

### LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax:** 514 864-7329

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.centresud@ccjm.qc.ca](mailto:baj.centresud@ccjm.qc.ca)

**Services:** Legal aid office in administrative, civil and family law.

**Eligibility:** persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

### MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

**311**

**Website:** [montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [diversitesociale@montreal.ca](mailto:diversitesociale@montreal.ca)

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

### MONTRÉAL CITY MISSION

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

### QUEBEC SENIORS' HOUSING GROUP

425 de Maisonneuve Boulevard West, Suite 1008, Ville-Marie, Montréal, QC, H3A 3G5

**1 888 440-3777 Fax:** 514 526-2662

**Website:** [www.rqra.qc.ca](http://www.rqra.qc.ca)

**Email:** [info@rqra.qc.ca](mailto:info@rqra.qc.ca)

**Services:** Grouping, representing and supporting member private residences. \* Resources to help people in their search.

**Eligibility:** managers of private housing establishments and nursing homes for autonomous seniors or seniors with a loss of autonomy, seniors searching for a residence

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS

1255 Robert-Bourassa Boulevard, Suite 608, Ville-Marie, Montréal, QC, H3B 3V9

**514 436-3744**

**Website:** [rpcu.qc.ca/en](http://rpcu.qc.ca/en)

**Email:** [communications@rpcu.qc.ca](mailto:communications@rpcu.qc.ca)

**Services:** Advocacy for health and social services users' rights through support to residents and users committees. \* Information and documentation. \* Training and conferences. \* Online webinar:

[www.youtube.com/user/RPCUQuebec](http://www.youtube.com/user/RPCUQuebec)

**Eligibility:** users committees, residents committees, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** training and conferences: variable

**Financing:** membership fees, self-financing, grants

**Legal status:** non-profit organization

### SENIORS ACTION QUÉBEC

1857 De Maisonneuve Boulevard West, Suite 307, Ville-Marie, Montréal, QC, H3H 1J9

**514 505-0977**

**Website:** [www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)

**Email:** [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca)

**Services:** Promotion of English-speaking seniors' interests. \* Information and referrals. \* Promotion of access to information. \* Promotion and development of seniors' leadership. \* Advocacy. \* Support organizations that work with and on behalf of seniors.

**Eligibility:** English-speaking people 50 years and over

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** annual membership: \$20

**Financing:** donations, contributions, federal

**Legal status:** non-profit organization

## Volunteer Transportation

### ENTRAIDE BÉNÉVOLE MÉTRO - ACCOMPANIMENT

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575**

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** Accompaniment for shopping, to the bank and to medical appointments by volunteers.

**Eligibility:** older adults 60 years old and over with various levels of autonomy

**Coverage area:** downtown and Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** 7 days, provided for the volunteers' availabilities on weekends, accompaniment for medical appointments: from 8h30

**Fees:** transport fees must be paid by the beneficiary

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

### MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** maisonpleincoeur.org/en

**Email:** info@maisonpleincoeur.org

**Services:** \* Accompaniment and transportation to medical and food bank appointments by volunteers.

**Eligibility:** people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy

**Coverage area:** Downtown

**Hours:** Tuesday to Friday 9h00 to 17h00

**Fees:** \$5 per transportation

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization



**Sex and gender**

**LGBTQ ASSOCIATIONS**

**MEN'S ASSOCIATIONS**

**WOMEN'S CENTRES**

**WOMEN'S ASSOCIATIONS**

## LGBTQ associations

### ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC

300 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2X 1L7

514 847-0067 ext. 207 Fax: 514 847-0601

Website: [cactusmontreal.org/soutien-aux-personnes-trans](http://cactusmontreal.org/soutien-aux-personnes-trans)

Email: [astteqcoordination@cactusmontreal.org](mailto:astteqcoordination@cactusmontreal.org)

**Services:** \* Peer support and accompaniment to appointments at clinics, hospitals, legal offices, court dates and social services. \* Assistance in accessing information regarding legal issues and procedures, such as criminal and penal charges, criminal records, arrest warrants, conditions before court appearances, legal aid, trans-affirmative legal representation. \* Assistance in applying for a change of name and sex designation, refugee status, permanent residency, citizenship, work permits, record suspensions, and compensatory community service work. \* Assistance in understand and evaluating legal risks related to criminalization. \* Monthly community dinner, monthly drop-ins, periodic cultural and educational activities and skill-sharing workshops. \* Referral to trans-affirmative health care (hormone therapy, HIV treatment, and sexual health). \* Distribution of harm reduction supplies (syringes, needles, pipes, filters, kit sniff, filters, condoms and lube), recovery of harm reduction material, distribution of sharps containers, distribution of hormone therapy injection materials, distribution of fentanyl testing kits and distribution of naloxone kits. \* Street and outreach work to trans sex workers' homes, workplaces and community spaces. \* Visit to community members after surgeries or in long-term care homes. \* Substance analysis service, offered by Checkpoint/Cactus.

**Eligibility:** transsexual, transvestite, transgender, non-binary, Two-Spirit people, people questioning their gender identity, including sex workers, immigrants and refugees, people living with HIV, people who are unemployed or homeless, incarcerated people, drug users

**Coverage area:** Province of Québec

**Hours:** office: variable hours, community dinner: last Monday of the month

**Fees:** none

**Financing:** municipal, federal, donations

**Legal status:** non-profit organization

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

1 855 909-9038 ext. 1

Website: [aideauxtrans.com/fr](http://aideauxtrans.com/fr)

Email: [info@aideauxtrans.com](mailto:info@aideauxtrans.com)

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### ALTERHÉROS

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

Website: [alterheros.com/en](http://alterheros.com/en)

Email: [info@alterheros.com](mailto:info@alterheros.com)

**Services:** \* Ask Your Question program: confidential online support related to sexual orientation, gender identity, gender expression, sexuality, relationships or neurodiversity. \* Neuro/Diversities program: weekly activities and meetings by and for youth on topics related to neurodiversity.

**Eligibility:** people in the LGBTQ+ community, youth, families, Neuro/Diversities program: neurodivergent people in the LGBTQ+ community 14 to 30 years old (autism spectrum, attention deficit disorder with or without hyperactivity, etc.)

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

## ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE

Confidential Address

**514 730-8870**

**Website:** [www.arcmontreal.org](http://www.arcmontreal.org)

**Email:** [info@arcmontreal.org](mailto:info@arcmontreal.org)

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

## CACTUS MONTRÉAL

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 Fax:** 514 847-0038

**Website:** [cactusmontreal.org/en](http://cactusmontreal.org/en)

**Email:** [info@cactusmontreal.org](mailto:info@cactusmontreal.org)

**Services:** Prevention of sexually transmitted and blood-borne infections (STBBIs). \* Fixed site/SCS (Consuming supervised service): consultation, care services and STBBIs screening provided by a nurse, distribution and recovery of injection, inhalation and prevention materials, listening and support, condoms, Naloxone kits and Fentanyl test strips distribution. \* PLAISIIRS: meeting and social involvement place where drug users can build common projects together, responsible and supportive, condoms, Naloxone kits and Fentanyl test strips distribution, job search terminal. \* Outreach work: distribution and recovery of injection, inhalation and prevention materials, education and information on reduced risk consumption and prevention of STBBIs, orientation, referral and support. \* Street messengers: distribution and recovery of injection, inhalation and prevention materials by former people from the community. \* ASTT(e)Q: support and intervention program for and by trans people. \* HCV Project: support and intervention program for injection drugs users pre, during and post HCV treatment.

**Eligibility:** injection and inhalation drug users, homeless people, sex workers, transgender people

**Coverage area:** Ville-Marie borough

**Hours:** fixed site/SCS: Monday to Sunday 14h00 to 2h00, PLAISIIRS: Tuesday and Wednesday 12h00 to 17h00, Thursday to Saturday 12h00 to 21h00, Checkpoint: Wednesday to Saturday 14h00 to 20h30

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## CONSEIL QUÉBÉCOIS LGBT

Confidential Address

**514 759-6844**

**Website:** [conseil-lgbt.ca](http://conseil-lgbt.ca)

**Email:** [info@conseil-lgbt.ca](mailto:info@conseil-lgbt.ca)

**Services:** \* Consultation and representation to decision-making authorities. \* Advocacy of rights and freedoms. \* Activism, awareness and training. \* Inventory of training and awareness workshops on LGBTQ2+ issues in Québec: [inclusion-lgbtq2.ca/en](http://inclusion-lgbtq2.ca/en)

**Eligibility:** lesbian, gay, bisexual, and trans people and organizations, people victims of homophobia, discrimination based on sexual orientation or gender identity

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, grants

**Legal status:** non-profit organization

## INTERLIGNE

Confidential Address

**514 866-0103**

**Website:** [interligne.co/en](http://interligne.co/en)

**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

## INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES

209 Sainte-Catherine Street East, Suite 5305, Ville-Marie, Montréal, QC, H2X 1L2

**514 316-6445 ext. 100**

**Website:** [www.egides.org](http://www.egides.org)

**Email:** [info@egides.org](mailto:info@egides.org)

**Services:** Advocacy for the rights of the LGBTQI community worldwide. \* Promotion of the equality and inclusion of people who are made vulnerable by or discriminated because of their sexual orientation, their gender identity or expression or by their sexual characteristics. \* Financial and material support to organizations.

**Eligibility:** lesbian, gay, bisexual, transexual, queer and intersex community, organizations

**Coverage area:** Canada

**Hours:** by appointment only

**Financing:** donations, membership fees

**Legal status:** non-profit organization

## JEUNESSE LAMBDA

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 543-6343**

**Website:** [www.jeunesselambda.com](http://www.jeunesselambda.com)

**Email:** [info@jeunesselambda.com](mailto:info@jeunesselambda.com)

**Services:** \* Bilingual discussion and activity group by and for 2SLGBTQIA+ youth. \* Accessibility services for gender affirmation articles. \* Oaths for name and gender change requests. \* Individual intervention. \* Collective wardrobe: clothing donations.

**Eligibility:** 2SLGBTQIA+ people 14 to 30 years old

**Coverage area:** Montréal Island

**Hours:** workshops and discussions: Tuesday 16h00 to 19h00, Friday 16h00 to 21h00, Saturday 12h00 to 18h00

**Fees:** none

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

### **JURITRANS - TRANS ID CLINIC**

1572 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**Website:** juritrans.ca/qc/en

**Email:** celeste@juritrans.ca

**Services:** Mobile drop-in clinic providing easy access to name and gender marker change procedures. \* Help with name and sex change applications: legal information, commissioner of oaths. \* Delivery of documents. \* Tools available to users: forms and photocopier.

**Eligibility:** trans people

**Coverage area:** Province of Québec

**Hours:** variable, check the website

**Fees:** voluntary contribution

**Financing:** donations

**Legal status:** non-profit organization

### **LGBT+ FAMILY COALITION - SUPPORT GROUPS**

2242 Fullum Street, Suite R5, Ville-Marie, Montréal, QC, H2K 3N9

**514 878-7600**

**Website:** familleslgbt.org/en

**Email:** info@familleslgbt.org

**Services:** Support groups for lesbian, gay, bisexual and trans parents and parents-to-be. \* Meeting place to share resources and have fun together with their children, several times a month. \* Information exchange and discussion.

**Eligibility:** lesbian, gay, bisexual and trans people

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** \$35 per year per family, voluntary contributions

**Financing:** provincial

**Legal status:** non-profit organization

### **MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**MONTREAL GENERAL HOSPITAL - MCGILL UNIVERSITY SEXUAL IDENTITY CENTRE**

1650 avenue Cedar Avenue, Room A2-160, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934 ext. 42365** Fax: 514 934-8471

**Website:** <https://muhc.ca/mental-health/music>

**Email:** [music@muhc.mcgill.ca](mailto:music@muhc.mcgill.ca)

**Services:** Outpatient psychiatric clinic offering mental health support related to sexual orientation or gender identity. \* Initial consultation to identify needs. \* Short-term individual psychotherapy. \* Couple or family therapy. \* Group workshops: parents of trans and non-binary people, trauma in the LGBTQ+ community, gender realization, etc. \* Online referral form: [click here](#)

**Eligibility:** adults, families, couples

**Coverage area:** Montréal Island

**Fees:** variable, some services are covered by medicare

**Financing:** provincial

**Legal status:** parapublic organization

**MONTRÉAL LGBTQ+ COMMUNITY CENTRE**

2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4

**514 528-8424** Fax: 514 528-9708

**Website:** [ccglm.org/en](http://ccglm.org/en)

**Email:** [info@cclgbtqplus.org](mailto:info@cclgbtqplus.org)

**Services:** Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. \* Field of intervention: health and social services, leisure, sports, culture and arts. \* Open book library: sexual diversity and gender identity specialized documentation centre. \* Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources. \* Food baskets distribution by Partage & Solidarité. \* Technical and administrative support to organizations and individuals.

**Eligibility:** gay, lesbian, bisexual, trans, queer or questioning community

**Coverage area:** Greater Montréal

**Hours:** Monday 12h00 to 18h00, Tuesday and Wednesday 14h00 to 18h00, Thursday 14h00 to 20h00

**Fees:** membership: \$35 per individual, \$25 per group

**Financing:** provincial, federal, donations, self-financing

**Legal status:** non-profit organization

**QUÉBEC LESBIAN NETWORK**

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3

**438 929-6928**

**Website:** [rlq-qln.ca/en](http://rlq-qln.ca/en)

**Email:** [dg@rlq-qln.ca](mailto:dg@rlq-qln.ca)

**Services:** Defending the rights of lesbo-queer women and people.

**Eligibility:** lesbo-queer women and people

**Coverage area:** Province of Québec

**Fees:** membership: none

**Financing:** donations, contributions, provincial, federal

**Legal status:** non-profit organization

**RÉSEAU D'AUTODÉFENSE FÉMINISTE**

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org/about-3](http://inclusionsport.org/about-3)

**Email:** [reseau\\_autodefense\\_feministe@riseup.net](mailto:reseau_autodefense_feministe@riseup.net)

**Services:** A space dedicated to feminist self-defense by and for queer and feminist communities. \* Self-defense courses: 12-hour program. \* Cultural activities: screenings, reading circles. \* Various events surrounding feminist self-defense. \* Information and awareness-raising on gender-based violence.

**Eligibility:** trans, non-binary or two-spirit people, women

**Coverage area:** Montréal Island

**Hours:** variable, check social media

**Fees:** yearly membership: \$5, classes and activities: voluntary contribution

**Financing:** donations, membership fees

**Legal status:** non-profit organization

## RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN

2075 Plessis Street, Suite 207, Ville-Marie, Montréal, QC, H2L 2Y4

**514 521-7778 ext. 100 Fax:** 514 521-7665

**Website:** [www.rezosante.org](http://www.rezosante.org)

**Email:** [info@rezosante.org](mailto:info@rezosante.org)

**Services:** \* Listening and referral. \* Individual support. \* Prevention of HIV/AIDS and sexually transmitted infections. \* Distribution of sexual prevention and consumption material. \* Health promotion and intervention in gay sociality and sexuality environments (saunas, bars). \* Mutual aid groups. \* Workshops on self-awareness and self-esteem, romantic relationships, safe sexual practices, etc. \* Street work for sex workers. \* Evening centre for cis and trans sex workers. \* Needle exchange and distribution. \* Distribution of naloxone kits. \* Distribution and delivery of fentanyl test strips. \* Zone Rose: HIV/STBIs intervention, discussion and screening area, without appointment, in front of 1364 Saint-Catherine Street East, during summer only. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the organization and whose identity can be confirmed by the organization. \* Chemsex/PnP Program: support services for people who use crystal meth and other drugs in a sexual context.

**Eligibility:** GBQ (gay, bisexual, or queer) men, other men, and trans people who have sex with men.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Fees:** none

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

## UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals. \* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## Men's associations

### CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

**1 833 673-2746**

**Website:** [www.crhmontreal.ca](http://www.crhmontreal.ca)

**Email:** [info@crhmontreal.ca](mailto:info@crhmontreal.ca)

**Services:** \* Reception, analysis and referral. \* Individual psychosocial intervention. \* Coffee-meetings: self-help groups. \* Theme groups: anger management, stress management, life review and life projects. \* Workshops: education and discussion on various topics. \* Living environment: leisure activities, men's outings, community meals.

**Eligibility:** men, people identifying themselves as men

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 18h00, activities: variable, including evenings

**Fees:** suggested contribution based on ability to pay

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

## Women's centres

### AFGHAN WOMEN'S CENTRE OF MONTREAL

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** [www.awcm.ca](http://www.awcm.ca)

**Email:** [info@awcm.ca](mailto:info@awcm.ca)

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901 Fax: 514 524-2183**

**Website:** [ceaf-montreal.qc.ca](http://ceaf-montreal.qc.ca)

**Email:** [info@ceaf-montreal.qc.ca](mailto:info@ceaf-montreal.qc.ca)

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization



**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**YWCA MONTRÉAL**

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - LEGAL INFORMATION CLINIC**

1275, De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 293**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [infojuridique@ydesfemmesmtl.org](mailto:infojuridique@ydesfemmesmtl.org)

**Services:** Legal resources and information. \* Legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. \* Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). \* Specialized reference. \* Commissioner of oaths. \* Workshops and thematic conferences.

**Eligibility:** individual consultations: women and their families, other services: general population

**Coverage area:** Greater Montréal

**Hours:** remote (by telephone and email): Monday to Friday, 9h00 to 17h00, in-person: Tuesday, Wednesday and Thursday 13h00 to 16h30

**Fees:** individual consultations: between 0 and \$20 according to income, commissioner of oaths: between 0 and \$5, other services: free

**Financing:** self-financing, grants, foundations

**Legal status:** non-profit organization

### **YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## **Women's associations**

### **CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES**

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901 Fax: 514 524-2183**

**Website:** [ceaf-montreal.qc.ca](http://ceaf-montreal.qc.ca)

**Email:** [info@ceaf-montreal.qc.ca](mailto:info@ceaf-montreal.qc.ca)

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### **CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax: 514 861-9008**

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### **COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND**

Complexe Desjardins, Extension Centre 1, Ville-Marie, Montréal, QC, H2X 3Y2

**1 844 838-0808 Fax: 1 855 722-8081**

**Website:** [www.cnesst.gouv.qc.ca/en](http://www.cnesst.gouv.qc.ca/en)

**Services:** Prevention and safety \* Support for workers and employers in their efforts to eliminate hazards in their workplace. \* Inspection of workplaces. \* Promotion of occupational health and safety. \* Compensation for workers who suffered an occupational injury. \* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity. Pay equity \* Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. \* Specialized assistance to understand more complex or technical aspects of the law. \* Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. \* Development of tools and training courses accessible free of charge in all regions of Québec. \* Research activities. Labour standards \* Information on labour standards and obligations under the law and regulations. \* Registration of complaints. \* Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** employers, workers

**Coverage area:** Montréal Island

**Hours:** by appointment only

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## YWCA MONTRÉAL

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**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

### ALLIANCE CHORALE DU QUÉBEC

2 Sainte-Catherine Street East, Suite 302, Ville-Marie, Montréal, QC, H2X 1K4

**1 888 924-6387** Fax: 514 252-3222

**Website:** [www.chorales.ca/fr](http://www.chorales.ca/fr)

**Email:** [info@chorales.ca](mailto:info@chorales.ca)

**Services:** Representation of the choir world. \* Seminars, training. \* Concerts. \* Youth activities. \* Chanter magazine. \* Services to members: insurance, networking, information, documentation, etc. \* Sale of scores.

**Eligibility:** adult, children's and students choirs of all musical styles, adults interested in the choir world

**Capacity:** about 300 choirs

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h00, call before going on site

**Fees:** annual fees: vary according to the type of choir or membership

**Financing:** membership fees, provincial

**Legal status:** non-profit organization

### AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439** Fax: 514 521-5763

**Website:** [www.aucoupdepouce.qc.ca](http://www.aucoupdepouce.qc.ca)

**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

**Financing:** Centraide of Greater Montréal, donations, provincial, municipal, federal

**Legal status:** non-profit organization

### BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

**514 872-7888**

**Website:** [montreal.ca/en/places/bibliotheque-frontenac](http://montreal.ca/en/places/bibliotheque-frontenac)

**Email:** [bibliofrontenac@montreal.ca](mailto:bibliofrontenac@montreal.ca)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

514 872-1633

**Website:** montreal.ca/en/places/bibliotheque-pere-ambroise

**Email:** bibliopereambroise@montreal.ca

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**CANADIAN BROADCASTING CORPORATION**

1000 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 0C2

1 866 306-4636 TTY: 514 597-6013

**Website:** cbc.radio-canada.ca/en

**Services:** Canada's national public broadcaster. \* Radio, television, digital and mobile platforms.

**Coverage area:** Canada

**Financing:** federal

**Legal status:** federal government agency

**CANTINE DES OEUVRES DE SAINT-JACQUES (LA)**

430A Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2L 2C5

438 395-2826

**Website:** cantinestjacques.com

**Email:** cantine.st.jacques@gmail.com

**Services:** \* Community meals at low cost. \* Movie nights.

**Eligibility:** people isolated and in need, homeless people

**Capacity:** 60 people

**Coverage area:** Downtown Montréal

**Hours:** dinner: Monday to Friday 17h00 to 18h00

**Fees:** dinner: \$4

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**CENTRE CULTUREL MAROCAIN DE MONTRÉAL**

515 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P1

514 933-8755

**Website:** www.lecentreculturelmarocain.ca

**Email:** info@lecentreculturelmarocain.ca

**Services:** Promoting Moroccan culture and fostering the integration of the Moroccan diaspora.

**Eligibility:** diaspora marocaine de Montréal, cultural organizations, artists, students

**Coverage area:** île de Montréal

**Hours:** Tuesday 10h30 to 18h00, Wednesday and Thursday 10h30 to 19h00, Friday 10h30 to 20h00, Saturday 10h00 to 20h00, Sunday 10h30 to 15h30

**Legal status:** non-profit organization

**CIBL 101,5**

2 Sainte-Catherine Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1K4

**514 526-2581**

**Website:** www.cibl1015.com

**Email:** administration@cibl1015.com

**Services:** Montreal's French-language community radio station. \* Production and broadcasting of a mainly cultural, music and local information programming. \* A strong emphasis on emerging and alternative talent. \* An inclusive space for sharing knowledge, resources and opinions. \* CIBL's radio bingo.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** administration: 9h00 to 17h00

**Financing:** self-financing, membership fees, fundraising campaigns

**Legal status:** non-profit organization

**CINÉMATHEQUE QUÉBÉCOISE (LA)**

335 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2X 1K1

**514 842-9763 Fax:** 514 842-1816

**Website:** www.cinematheque.qc.ca/en

**Email:** info@cinematheque.qc.ca

**Services:** Acquisition, documentation and preservation of Québec's audiovisual heritage as well as international animated film. \* Collection and promotion of significant works of Canadian and world cinema. \* Art exhibitions. \* Room rental.

**Capacity:** main screening room: 150 seats, Fernand-Seguin screening room: 84 seats

**Coverage area:** Province of Québec

**Hours:** box office: Monday to Friday 12h00 to 21h00, Saturday 14h00 to 21h00, Sunday 14h00 to 19h00

**Fees:** projections: adults: \$13, seniors, students and children (5 to 16 years old): \$11, family of 3: \$25, family of 4: \$30, annual subscription: \$140, subscription for 2 years: \$260, duo subscription for 2 years: \$250, student annual subscription: \$109, centre d'art et d'essai: adults : \$13, students: \$12, seniors, children and members: \$11, exhibits: free

**Financing:** provincial, federal, municipal, self-financing

**Legal status:** non-profit organization

**COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092 Fax:** 514 596-7093

**Website:** comitesocialcentresud.wordpress.com

**Email:** direction@comite.social

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

**FESTIVAL NOËL DANS LE PARC**

1435 Saint-Alexandre Street, Ville-Marie, Montréal, QC, H3A 2G4

**Website:** noeldansleparc.com

**Email:** info@noeldansleparc.com

**Services:** Event productions. \* Christmas village in the city in 3 different parks: Parterre du Quartier des spectacles, Parc des Compagnons de Saint-Laurent and Parc Lahaie. \* Activities and shows. \* Christmas tree sale.



**Coverage area:** Province of Québec

**Hours:** December 6th to 31st, Parc des Compagnons de Saint-Laurent and Parc Lahaie: 9h00 to 21h00, Parterre du Quartier des spectacles: 9h00 to 23h00

**Fees:** activities: free, christmas tree sale: variable

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### FUNAMBULES MÉDIAS

2065 Parthenais Street, Suite 288A, Ville-Marie, Montréal, QC, H2K 3S9

**514 357-5456**

**Website:** funambulesmedias.org

**Email:** info@funambulesmedias.org

**Services:** Organization that promotes the expression of the citizen's word and the development of critical thinking. \* Video production in documentary cinema. \* Audiovisual services. \* Training adapted to citizen video. \* Cinema under the stars: documentary screenings in Montréal parks, a space for exchange and discussion. \* Travelling screenings: presentation of social and political films in alternative venues. \* Virée documentaire: introductory documentary workshop, screenings near schools, choice of screenings voted by youth, discovery of cultural places in the neighbourhood.

**Eligibility:** general public, organizations working for social change, documentary tour: youth from adult education centres

**Coverage area:** Montréal Island

**Financing:** donations, grants

**Legal status:** non-profit organization

### FUNAMBULES MÉDIAS

2065 Parthenais Street, Suite 288A, Ville-Marie, Montréal, QC, H2K 3S9

**514 357-5456**

**Website:** cinemasouslesetoiles.org

**Email:** info@funambulesmedias.org

**Services:** \* Documentary film screenings in Montreal parks. \* Exchanges and discussions place. \* Short documentaries competition

**Eligibility:** general public

**Coverage area:** Island of Montreal, Longueuil, and Brome-Missisquoi, screenings: parks of the Island

**Hours:** screenings: June to September

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### JOE JACK ET JOHN

1945 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N3

**514 279-9821**

**Website:** joejacketjohn.com/en

**Email:** info@joejacketjohn.com

**Services:** Theatre creation company. \* Multidisciplinary and performative shows. \* Inclusive approach integrating artists living with an intellectual disability and from diverse cultural backgrounds.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 10h00 to 17h00

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**MCCORD STEWART MUSEUM**

690 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 1E9

**514 861-6701 ext. 1234**

**Website:** [www.musee-mccord-stewart.ca/en](http://www.musee-mccord-stewart.ca/en)

**Email:** [info@mccord-stewart.ca](mailto:info@mccord-stewart.ca)

**Services:** \* Diverse cultural exhibitions: Indigenous voices of today, Becoming Montreal, etc. \* Social and participatory activities: musical family workshop, lectures, screening, etc. \* In-person or online educational activities. \* Day camp. \* Conferences and symposiums. \* Online collection: [click here](#) \* Hall rentals.

**Eligibility:** general public, day camp: youth 5 to 9 years old

**Coverage area:** Greater Montréal

**Hours:** Tuesday 10h00 to 17h00, Wednesday 10h00 to 21h00, Thursday 10h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** municipal, provincial, donations, fundraising campaigns, self-financing, membership fees

**Legal status:** non-profit organization

**MINISTÈRE DU TOURISME DU QUÉBEC**

1255 Peel Street, Suite 400, Ville-Marie, Montréal, QC, H3B 4V4

**1 800 482-2433**

**Website:** [www.quebec.ca/en/tourism-and-recreation](http://www.quebec.ca/en/tourism-and-recreation)

**Email:** [relations.publiques@tourisme.gouv.qc.ca](mailto:relations.publiques@tourisme.gouv.qc.ca)

**Services:** Assumes governmental responsibilities relative to the development and promotion of tourism. \* Consultation and support to the tourism industry's actors. \* Reception and information services. \* Accommodation and tourism product booking. \* Complaints reception.

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

**MUSÉE POINTE-À-CALLIÈRE**

350 Royale Place, Ville-Marie, Montréal, QC, H2Y 3Y5

**514 872-9150**

**Website:** [pacmusee.qc.ca/fr/](http://pacmusee.qc.ca/fr/)

**Email:** [info@pacmusee.qc.ca](mailto:info@pacmusee.qc.ca)

**Services:** Montreal history museum. \* Permanent and temporary exhibitions. \* School programs and activities for daycare centres and day camps. \* Events, conferences, cultural activities. \* Room rental.

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Friday 10h00 to 17h00, Saturday and Sunday 11h00 to 17h00

**Fees:** variable

**Legal status:** non-profit organization

**MUSÉE REDPATH**

859 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 0C4

**514 398-4861 Fax: 514 398-3185**

**Website:** [www.mcgill.ca/redpath](http://www.mcgill.ca/redpath)

**Email:** [redpath.museum@mcgill.ca](mailto:redpath.museum@mcgill.ca)

**Services:** Natural History Museum. \* Self-guided or guided tours for all ages. \* Collections: palaeontology, mineralogy, zoology, world cultures. \* Conferences and special events. \* Educational services and Redpath Museum discovery boxes.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** Tuesday to Friday 9h00 to 16h30, Saturday 10h00 to 16h00

**Fees:** variable

**Financing:** municipal, provincial  
**Legal status:** non-profit organization

### **NATIONAL FILM BOARD OF CANADA**

1501 de Bleury Street, Ville-Marie, Montréal, QC, H3A 0H3

**1 800 267-7710**

**Website:** [www.nfb.ca](http://www.nfb.ca)

**Email:** [webmaster@nfb.ca](mailto:webmaster@nfb.ca)

**Services:** \* Production and distribution of documentaries and animated films. \* Educational activities linked to cinema. \* Online store.

**Eligibility:** general public, arts and culture sector, film and television sector, digital sector, public libraries

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 19h00

**Fees:** none

**Financing:** federal

**Legal status:** federal government agency

### **ORCHESTRE SYMPHONIQUE DE MONTRÉAL**

1600 Saint-Urbain Street, Ville-Marie, Montréal, QC, H2X 0S1

**514 842-9951 Fax:** 514 842-0728

**Website:** [www.osm.ca/en/home-osm](http://www.osm.ca/en/home-osm)

**Services:** Artistic organization contributing to the promotion of worldwide symphonic music repertory and international level artists. \* Concerts and musical events. \* Development of classical and symphonic music.

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, ticket office: Monday to Friday 9h00 to 19h00, Saturday 10h00 to 16h00, closed on Sundays and public holidays

**Fees:** variable

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### **OXY-JEUNES**

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 728-5297**

**Website:** [www.oxy-jeunes.com](http://www.oxy-jeunes.com)

**Email:** [info@oxy-jeunes.com](mailto:info@oxy-jeunes.com)

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. \* Artistic practice workshops and mentoring by professional artists. \* Shows, concerts and exhibitions. \* Cultural outings, activities and meetings. \* Free practice time with access to musical instruments. \* Multimedia and recording studio.

**Eligibility:** youth 12 to 22 years old

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: Monday to Friday 16h00 to 19h00 or 20h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

### **RÉSEAU D'AUTODÉFENSE FÉMINISTE**

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org/about-3](http://inclusionsport.org/about-3)

**Email:** [reseau\\_autodefense\\_feministe@riseup.net](mailto:reseau_autodefense_feministe@riseup.net)

**Services:** A space dedicated to feminist self-defense by and for queer and feminist communities. \* Self-defense courses: 12-hour program. \* Cultural activities: screenings, reading circles. \* Various events surrounding feminist self-defense. \* Information and awareness-raising on gender-based violence.

**Eligibility:** trans, non-binary or two-spirit people, women  
**Coverage area:** Montréal Island  
**Hours:** variable, check social media  
**Fees:** yearly membership: \$5, classes and activities: voluntary contribution  
**Financing:** donations, membership fees  
**Legal status:** non-profit organization

## SOCIÉTÉ DES MUSÉES DU QUÉBEC

315 Sainte-Catherine Street East, Suite R-5690, 5th floor, Ville-Marie, Montréal, QC, H2X 3X2  
**514 987-3264 Fax:** 514 987-3379  
**Website:** [www.musees.qc.ca/en/museums](http://www.musees.qc.ca/en/museums)  
**Email:** [info@smq.qc.ca](mailto:info@smq.qc.ca)

**Services:** Promotion of museums in Québec. \* Training and professional development. \* General and specific information pertaining to various disciplines related to museology. \* Online directory of museums: [www.musees.qc.ca/en/museums/guide.html](http://www.musees.qc.ca/en/museums/guide.html)

**Eligibility:** museum institutions, people working in museums, people studying museology or a related field, directory: general public

**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** workshops: variable  
**Financing:** membership fees, grants, donations, self-financing  
**Legal status:** non-profit organization

## TÉLÉ-QUÉBEC

905 de Lorimier Avenue, Ville-Marie, Montréal, QC, H2K 3V9  
**514 521-2424 Fax:** 514 873-7464  
**Website:** [www.telequebec.tv](http://www.telequebec.tv)  
**Email:** [info@telequebec.tv](mailto:info@telequebec.tv)

**Services:** Educational and cultural television broadcasting service. \* La CLEF, a family literacy project.  
**Coverage area:** Province of Québec  
**Financing:** provincial  
**Legal status:** non-profit organization

## Clubs and social events

### ACTION CENTRE-VILLE

105 Ontario Street East, Suite 201, Ville-Marie, Montréal, QC, H2X 1G9  
**514 878-0847 Fax:** 514 878-0452  
**Website:** [www.acv-montreal.com](http://www.acv-montreal.com)  
**Email:** [info@acv-montreal.com](mailto:info@acv-montreal.com)

**Services:** \* Information. \* Workshops, recreation, courses and outings. \* Community meals. \* Meal delivery. \* Foot care. \* Community intervention: initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). \* Tax clinic.

**Eligibility:** retired and pre-retired people 50 years and over  
**Capacity:** dining room: 90 persons

**Coverage area:** Greater Montréal, meal delivery: between De la Visitation, Jeanne-Mance, Sherbrooke and De la Commune, ITMAV: Ville-Marie

**Hours:** Monday to Friday 9h00 to 16h00, community meal: 11h45 to 12h45, foot care: first Wednesday of the month

**Fees:** annual membership: \$15, community and take-out meal: \$6 for members or \$7.50 for non-members, foot care: \$45 for the 1st appointment, \$40 for the following treatments

**Financing:** membership fees, Centraide of Greater Montréal, self-financing, provincial  
**Legal status:** non-profit organization

**AIDE AUX TRANS DU QUÉBEC**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** aideauxtrans.com/fr

**Email:** info@aideauxtrans.com

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE**

Confidential Address

**514 730-8870**

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

**ARCHDIOCESE OF MONTRÉAL**

2000 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3H 1G4

**514 925-4300**

**Website:** www.diocesemontreal.org/en

**Email:** communications@diocesemontreal.org

**Services:** Information on diocesan activities. \* Information on sacraments, places of worship, parishes and religious topics. \* Complaint reception.

**Coverage area:** Montréal Island, Laval, L'Assomption, Repentigny

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** carrefoursteusebe.ca

**Email:** direction@carrefoursteusebe.com

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

## CENTRE AFRIKA

1644 Saint-Hubert Street, basement, Ville-Marie, Montréal, QC, H2L 3Z3

**514 843-4019 Fax:** 514 849-4232

**Email:** [centreafrika@centreafrika.com](mailto:centreafrika@centreafrika.com)

**Services:** Integration of African culture into Montréal and Québec realities. \* Welcoming and accompaniment of newcomers of African origin and others. \* Support for the development of initiatives and networks promoting integration and inclusion. \* Activities and events for the creation of fraternal networks. \* Intercultural and interreligions dialogue activities. \* Coffee-meeting. \* Room rental.

**Eligibility:** people of African origin, people interested in knowing more about Africa

**Capacity:** between 30 and 60 people

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 13h30 to 17h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901 Fax:** 514 524-2183

**Website:** [ceaf-montreal.qc.ca](http://ceaf-montreal.qc.ca)

**Email:** [info@ceaf-montreal.qc.ca](mailto:info@ceaf-montreal.qc.ca)

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

## CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

**1 833 673-2746**

**Website:** [www.crhmontreal.ca](http://www.crhmontreal.ca)

**Email:** [info@crhmontreal.ca](mailto:info@crhmontreal.ca)

**Services:** \* Reception, analysis and referral. \* Individual psychosocial intervention. \* Coffee-meetings: self-help groups. \* Theme groups: anger management, stress management, life review and life projects. \* Workshops: education and discussion on various topics. \* Living environment: leisure activities, men's outings, community meals.

**Eligibility:** men, people identifying themselves as men

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 18h00, activities: variable, including evenings

**Fees:** suggested contribution based on ability to pay

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

### CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** [chezemiliemep.wordpress.com](http://chezemiliemep.wordpress.com)

**Email:** [chezemilie2106@hotmail.ca](mailto:chezemilie2106@hotmail.ca)

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### FESTIVAL NOËL DANS LE PARC

1435 Saint-Alexandre Street, Ville-Marie, Montréal, QC, H3A 2G4

**Website:** [noeldansleparc.com](http://noeldansleparc.com)

**Email:** [info@noeldansleparc.com](mailto:info@noeldansleparc.com)

**Services:** Event productions. \* Christmas village in the city in 3 different parks: Parterre du Quartier des spectacles, Parc des Compagnons de Saint-Laurent and Parc Lahaie. \* Activities and shows. \* Christmas tree sale.

**Coverage area:** Province of Québec

**Hours:** December 6th to 31st, Parc des Compagnons de Saint-Laurent and Parc Lahaie: 9h00 to 21h00, Parterre du Quartier des spectacles: 9h00 to 23h00

**Fees:** activities: free, christmas tree sale: variable

**Financing:** self-financing, grants

**Legal status:** non-profit organization

## JEUNESSE LAMBDA

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 543-6343**

**Website:** [www.jeunesselambda.com](http://www.jeunesselambda.com)

**Email:** [info@jeunesselambda.com](mailto:info@jeunesselambda.com)

**Services:** \* Bilingual discussion and activity group by and for 2SLGBTQIA+ youth. \* Accessibility services for gender affirmation articles. \* Oaths for name and gender change requests. \* Individual intervention. \* Collective wardrobe: clothing donations.

**Eligibility:** 2SLGBTQIA+ people 14 to 30 years old

**Coverage area:** Montréal Island

**Hours:** workshops and discussions: Tuesday 16h00 to 19h00, Friday 16h00 to 21h00, Saturday 12h00 to 18h00

**Fees:** none

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

## MAINS DU QUARTIER (LES)

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** [lesmainsduquartier.ca](http://lesmainsduquartier.ca)

**Email:** [lesmainsduquartier@gmail.com](mailto:lesmainsduquartier@gmail.com)

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

## MAISON PLEIN COEUR

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554** Fax: 514 597-2788

**Website:** [maisonpleincoeur.org/programmes-et-activites](http://maisonpleincoeur.org/programmes-et-activites)

**Email:** [info@maisonpleincoeur.org](mailto:info@maisonpleincoeur.org)

**Services:** \* Food bank. \* In-home support for HIV-positive mothers. \* Entraide Positive Project: workshops for men, discussion group, individual support and pairing. \* Supervised transitional housing: short and medium-term housing. \* Relaxation massage. \* Day centre: recreational and social activities. \* Monthly dinner. \* HIV and arts: access to cultural events. \* Special activities: Christmas baskets and Christmas and New Year's dinners. \* Tax clinic.



**Eligibility:** people living with HIV/AIDS

**Capacity:** supervised housing: 4 apartments divided into 2 studios

**Coverage area:** Montréal Island

**Hours:** Tuesday to Friday 9h00 to 12h00 and 13h00 to 17h00, day centre: Tuesday to Friday 13h00 to 15h00, dinner: last Friday of the month

**Fees:** variable, food bank: free

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### **MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)**

680 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 2M7

**514 398-8234 Fax:** 514 398-2757

**Website:** www.mcgill.ca/mccl

**Email:** mccl.scs@mcgill.ca

**Services:** Lifelong learning program focused on the exchange of knowledge, ideas and experiences. \* Study groups in person or online on a wide range of subjects: art, music, culture, literature, history, politics, health and science, etc. \* Workshops and outings. \* Conferences in person or online. \* How to register: click here \* Video clips: click here \* Library, study rooms, computer support, etc.

**Eligibility:** general public, mainly seniors

**Coverage area:** Greater Montréal

**Hours:** autumn, winter and spring semesters: Monday to Thursday 9h00 to 16h00, summer semester: Wednesday

**Fees:** registration: \$125 per semester

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **MONTREAL CITY MISSION**

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** www.montrealcitymission.org

**Email:** info@montrealcitymission.org

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

### **PROJETS AUTOCHTONES DU QUÉBEC**

169 de la Gauchetière Street East, Ville-Marie, Montréal, QC, H2X 1P7

**514 879-3310**

**Website:** paqc.org/en

**Email:** info@paqc.org

**Services:** \* Crisis intervention. \* Warm meals. \* Safe Start Program: holistic support to Indigenous people who just arrived in the city. \* Emergency shelters: separate floors for men and women. \* Transitional housing with help for obtaining social assistance. \* Managed Alcohol Program: house for men. \* Assistance with social reintegration procedures. \* Legal and medical support with external partners. \* Group activities. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency.

**Eligibility:** indigenous people 18 years old and over, First Nations, Metis and Inuit in situation of homelessness or precarity

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday, 9h00 to 17h00, shelter: 7 days, 17h00 to 8h30

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## RÉSEAU D'AUTODÉFENSE FÉMINISTE

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org/about-3](http://inclusionsport.org/about-3)

**Email:** [reseau\\_autodefense\\_feministe@riseup.net](mailto:reseau_autodefense_feministe@riseup.net)

**Services:** A space dedicated to feminist self-defense by and for queer and feminist communities. \* Self-defense courses: 12-hour program. \* Cultural activities: screenings, reading circles. \* Various events surrounding feminist self-defense. \* Information and awareness-raising on gender-based violence.

**Eligibility:** trans, non-binary or two-spirit people, women

**Coverage area:** Montréal Island

**Hours:** variable, check social media

**Fees:** yearly membership: \$5, classes and activities: voluntary contribution

**Financing:** donations, membership fees

**Legal status:** non-profit organization

## UNION FRANÇAISE

429 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2N9

**819 431-2570**

**Website:** [unionfrancaisedemontreal.org](http://unionfrancaisedemontreal.org)

**Email:** [info@unionfrancaisedemontreal.org](mailto:info@unionfrancaisedemontreal.org)

**Services:** Services association for French-speaking immigrants. \* Cultural action. \* Listening centre and administrative support: welcoming, information and support concerning visa, retirement, immigration, etc. \* Happy hour with conferences, thematic activities, events, social evenings, cultural outings, etc. \* Reception hall and bar rental. \* Possibility of plot purchase in two cemeteries.

**Eligibility:** French-speaking community

**Coverage area:** Greater Montréal

**Hours:** Monday to Thursday 10h30 to 13h00 and 14h00 to 17h00, happy hour: Thursday 17h00 to 20h00

**Fees:** annual membership: \$25

**Financing:** foundations, donations, provincial, contributions, self-financing, grants

**Legal status:** non-profit organization

## Community recreation centres

### AMICALE DES DIABÉTIQUES DU CHUM

1000 Saint-Denis Street, Pavilion B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

**Email:** [amicale.diabetique.chum@ssss.gouv.qc.ca](mailto:amicale.diabetique.chum@ssss.gouv.qc.ca)

**Services:** Education, information and support for people living with diabetes. \* Recreational and sports activities: aquafitness, fitness, swimming and bowling. \* Support group on demand. \* Cooking classes. \* Grocery store accompaniment with a professional. \* Nutritional education. \* Foot care. \* Diabetes screening. \* Annual events: Christmas event and conferences.

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE

Confidential Address

**514 730-8870**

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** www.asccs.qc.ca

**Email:** centre@asccs.qc.ca

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaigns, self-financing, municipal, membership fees

**Legal status:** non-profit organization

### CARREFOUR SAINT-EUSÈBE

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** carrefoursteusebe.ca

**Email:** direction@carrefoursteusebe.com

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial  
**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

**Fees:** annual membership: \$10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### **CENTRE RÉCRÉATIF POUPART**

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** crpoupart.qc.ca

**Email:** info@crpoupart.qc.ca

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

### **CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** www.famillechinoise.qc.ca

**Email:** direction@famillechinoise.qc.ca

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

**CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** [cjcjcm.ca](http://cjcjcm.ca)

**Email:** [info@cjcjcm.ca](mailto:info@cjcjcm.ca)

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

**DOWNTOWN YMCA**

1435 Drummond Street, Ville-Marie, Montréal, QC, H3G 1W4

**514 687-9622**

**Website:** [www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA](http://www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA)

**Email:** [sac.cv@ymcaquebec.org](mailto:sac.cv@ymcaquebec.org)

**Services:** \* Youth zone for 12 to 17-year-olds. \* YMCA International Language School. \* Social reintegration program.

**Eligibility:** youth, adults

**Coverage area:** Downtown

**Financing:** self-financing, donations, municipal, provincial, federal

**Legal status:** non-profit organization

**DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062** Fax: 514 849-2411

**Website:** [ymcaquebec.org/en](http://ymcaquebec.org/en)

**Email:** [laboussole@ymcaquebec.org](mailto:laboussole@ymcaquebec.org)

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

**DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**GO JEUNESSE**

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

**Website:** [www.gojeunesse.org](http://www.gojeunesse.org)

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

**MAISON DES JEUNES QUINKA-BUZZ (LA)**

2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**514 524-3008**

**Email:** [mjquinkabuzz@hotmail.com](mailto:mjquinkabuzz@hotmail.com)

**Services:** Animated meeting place. \* Information and referral. \* Prevention and intervention activities. \* Social, recreational and sports activities, outings. \* Cooking workshops. \* Music, art and creativity.

**Eligibility:** youth 12 to 18 years old

**Coverage area:** Centre-Sud

**Hours:** during summer: Monday to Wednesday 14h00 to 20h00, Thursday 14h00 to 20h30, during the school year: Monday to Wednesday 15h30 to 20h00, Thursday 15h30 to 20h30

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**MONTRÉAL CITY MISSION**

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

**RUELLE DE L'AVENIR**

2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 525-4233 Fax:** 514 525-1670

**Website:** [www.ruelledelavenir.org](http://www.ruelledelavenir.org)

**Email:** [info@ruelledelavenir.org](mailto:info@ruelledelavenir.org)

**Services:** \* Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). \* Summer camp and spring break camp.

**Eligibility:** people 4 to 16 years old, their parents

**Coverage area:** Centre-Sud, CSSDM territory

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** free, summer camp: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**SOCIÉTÉ DU PARC JEAN-DRAPEAU**

1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9

**514 872-6120**

**Website:** [www.parcjeandrapeau.com/en](http://www.parcjeandrapeau.com/en)

**Email:** [clientele@parcjeandrapeau.com](mailto:clientele@parcjeandrapeau.com)

**Services:** Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. \* Tourism and recreational activities. \* Sports and outdoor facilities. \* Family activities, cultural and international events.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00, Canada pavilion: 8h30 to 17h00, services pavilion: 7h00 to 15h45

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** parapublic organization

**YMCAS OF QUÉBEC (THE)**

1435 Drummond Street, 4th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-5331 Fax:** 514 849-5863

**Website:** [www.ymcaquebec.org/en](http://www.ymcaquebec.org/en)

**Email:** [contact@ymcaquebec.org](mailto:contact@ymcaquebec.org)

**Services:** Grouping of YMCA centres. \* Community centres. \* Activities and programs divided into 6 sections: Children and youth, Health, Fitness and recreation, Community initiatives, International initiatives, Education and training, Donations and volunteering. \* Summer camps.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** Centraide of Greater Montréal, grants, self-financing

**Legal status:** non-profit organization

## **YWCA MONTRÉAL**

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

## **YWCA MONTRÉAL - COMMUNITY SERVICES AND VOLUNTEER ACTION**

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 235**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [benevolat@ydesfemmesmtl.org](mailto:benevolat@ydesfemmesmtl.org)

**Services:** \* Reception, counselling and referral. \* Services for new arrivals: help with integration. \* Programming community activities. \* Tax clinic. \* Opportunities to volunteer at the YWCA. \* Directory of offers available online: [click here](#)

**Eligibility:** general public, especially women

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, grants, foundations

**Legal status:** non-profit organization

## **YWCA MONTRÉAL - EMPLOYABILITY SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 416 Fax:** 514 866-2248

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [infoose@ydesfemmesmtl.org](mailto:infoose@ydesfemmesmtl.org)

**Services:** \* Job search assistance, individual consultations, group workshops. \* Guidance. \* Women's Work Integration: 19-week program to help women reintegrate the job market. \* Fringues & Cie: work integration social enterprise in sales and customer service. \* Let's Start Up: program offering training, accompaniment and financial assistance offered in French and English for women wanting to start their own business, go back to school or find employment.

**Eligibility:** women who are unemployed or underemployed, on social assistance, employment insurance or without income, citizens, permanent residents, accepted refugees or on temporary work visas

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization



**YWCA MONTRÉAL - LEGAL INFORMATION CLINIC**

1275, De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 ext. 293**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [infojuridique@ydesfemmesmtl.org](mailto:infojuridique@ydesfemmesmtl.org)

**Services:** Legal resources and information. \* Legal information, documentation, support, court accompaniment, assistance in filling out forms and a work space with access to computers and printers. \* Individual consultations by appointment on various topics with volunteer notaries and lawyers (maximum of three times per year). \* Specialized reference. \* Commissioner of oaths. \* Workshops and thematic conferences.

**Eligibility:** individual consultations: women and their families, other services: general population

**Coverage area:** Greater Montréal

**Hours:** remote (by telephone and email): Monday to Friday, 9h00 to 17h00, in-person: Tuesday, Wednesday and Thursday 13h00 to 16h30

**Fees:** individual consultations: between 0 and \$20 according to income, commissioner of oaths: between 0 and \$5, other services: free

**Financing:** self-financing, grants, foundations

**Legal status:** non-profit organization

**YWCA MONTRÉAL - RESIDENCE**

Confidential Address

**514 866-9941 ext. 298 Fax:** 514 866-4866

**Website:** [ydesfemmesmtl.org/en/housing-services/residence](http://ydesfemmesmtl.org/en/housing-services/residence)

**Email:** [servicesresidentiels@ydesfemmesmtl.org](mailto:servicesresidentiels@ydesfemmesmtl.org)

**Services:** \* Residence: program with transitional housing for a period of 2 months to 2 years for women experiencing difficulties and who wish to participate in a social reintegration program.

**Eligibility:** women 18 years and over without children, able and willing to participate in a program of social reintegration

**Capacity:** 34 places

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** Centraide of Greater Montréal, self-financing, grants, foundations, provincial, municipal

**Legal status:** non-profit organization

**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Day camps and specialized camps

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** [www.asccs.qc.ca](http://www.asccs.qc.ca)

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaigns, self-financing, municipal, membership fees

**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

**Website:** [www.cclsca.qc.ca](http://www.cclsca.qc.ca)

**Email:** [information@cclsca.qc.ca](mailto:information@cclsca.qc.ca)

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

**Fees:** annual membership: \$10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### CENTRE RÉCRÉATIF POUPART

2421 La Fontaine Street, Ville-Marie, Montréal, QC, H2K 2A1

**514 524-7543**

**Website:** [crpoupart.qc.ca](http://crpoupart.qc.ca)

**Email:** [info@crpoupart.qc.ca](mailto:info@crpoupart.qc.ca)

**Services:** Leisure centre. \* Sports, cultural, recreational activities. \* Homework help. \* Day camp. \* Drop-in daycare. \* Space for teens.

**Eligibility:** drop-in daycare: 2 to 5 years old, day camp: 4 to 12 years old, space for teens: 11 to 13 years old, activities: general public

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 13h00 to 18h00, Saturday and Sunday 9h00 to 16h00, daycare: Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday during the school year, weekend only during the summer

**Fees:** membership: \$10

**Financing:** donations

**Legal status:** non-profit organization

**MCCORD STEWART MUSEUM**

690 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 1E9

**514 861-6701 ext. 1234**

**Website:** [www.musee-mccord-stewart.ca/en](http://www.musee-mccord-stewart.ca/en)

**Email:** [info@mccord-stewart.ca](mailto:info@mccord-stewart.ca)

**Services:** \* Diverse cultural exhibitions: Indigenous voices of today, Becoming Montreal, etc. \* Social and participatory activities: musical family workshop, lectures, screening, etc. \* In-person or online educational activities. \* Day camp. \* Conferences and symposiums. \* Online collection: [click here](#) \* Hall rentals.

**Eligibility:** general public, day camp: youth 5 to 9 years old

**Coverage area:** Greater Montréal

**Hours:** Tuesday 10h00 to 17h00, Wednesday 10h00 to 21h00, Thursday 10h00 to 17h00, Friday 10h00 to 17h00, Saturday 10h00 to 17h00, Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** municipal, provincial, donations, fundraising campaigns, self-financing, membership fees

**Legal status:** non-profit organization

**MONTRÉAL - CITY**

275 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1C6

**311**

**Website:** [montreal.ca/en](http://montreal.ca/en)

**Email:** [bam@ville.montreal.qc.ca](mailto:bam@ville.montreal.qc.ca)

**Services:** Central administration. \* Info-travaux. \* Online streaming of municipal council and executive board sessions. \* Library: online access to Nelligan directory, user record and online renewal. \* Online day camps directory: [www.montreal.ca/en/topics/day-camps](http://www.montreal.ca/en/topics/day-camps) \* Online ticket payment. \* Property assessment records. \* Info-collectes: information on garbage, recyclable material and bulky waste collection schedules. \* Info-towing: [www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index](http://www.servicesenligne2.ville.montreal.qc.ca/sel/inforemorquage/index) \* Inspection, corrective action and evacuation in a dwelling with issues around sanitation, maintenance or safety: [www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation](http://www.montreal.ca/en/topics/dwelling-inspection-corrective-action-and-evacuation) \* Online registration for recreational activities. \* Consultation of tax account. \* Consultation of contracts and grants approved by the executive board and municipal council. \* Removal of dead animals found on private or public property. \* Sale of city maps.

**Coverage area:** Montréal

**Hours:** Monday to Friday 8h30 to 16h30, by phone: Monday to Friday 8h30 to 20h30, Saturday and Sunday 9h00 to 17h00

**Fees:** city maps: \$32 for the color version, \$6 for the black and white version

**Financing:** municipal

**Legal status:** municipal agency

**MONTRÉAL CITY MISSION**

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax: 514 844-0067**

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

**ROBIN DES BOIS**

3933 Parc la Fontaine Avenue, Ville-Marie, Montréal, QC, H2L 0C7

**514 288-1010**

**Website:** robindesbois.ca/en

**Email:** resto@robindesbois.ca

**Services:** Restaurant. \* Volunteering. \* Recruitment and training. \* Day camp. \* Hall for corporate and special events: shows, conferences, birthdays, etc.

**Eligibility:** general public, day camp: children from 9 to 12 years old

**Capacity:** 110 seats

**Coverage area:** Greater Montréal

**Hours:** summer: Wednesday 10h00 to 17h00, Thursday, Friday and Saturday: 10h00 to 22h00, Sunday 10h00 to 17h00, winter: Saturday and Sunday 10h00 to 17h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

**RUELLE DE L'AVENIR**

2040 Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 525-4233** Fax: 514 525-1670

**Website:** www.ruelledelavenir.org

**Email:** info@ruelledelavenir.org

**Services:** \* Educational workshops in the schools of the Centre de services scolaire de Montréal (CSSDM). \* Summer camp and spring break camp.

**Eligibility:** people 4 to 16 years old, their parents

**Coverage area:** Centre-Sud, CSSDM territory

**Hours:** Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00

**Fees:** free, summer camp: variable

**Financing:** provincial, foundations

**Legal status:** non-profit organization

**YMCAS OF QUÉBEC (THE)**

1435 Drummond Street, 4th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-5331** Fax: 514 849-5863

**Website:** www.ymcaquebec.org/en

**Email:** contact@ymcaquebec.org

**Services:** Grouping of YMCA centres. \* Community centres. \* Activities and programs divided into 6 sections: Children and youth, Health, Fitness and recreation, Community initiatives, International initiatives, Education and training, Donations and volunteering. \* Summer camps.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** Centraide of Greater Montréal, grants, self-financing

**Legal status:** non-profit organization

**Hobbies****AFGHAN WOMEN'S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** www.awcm.ca

**Email:** info@awcm.ca

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

### AMICALE DES DIABÉTIQUES DU CHUM

1000 Saint-Denis Street, Pavilion B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

**Email:** amicale.diabetique.chum@ssss.gouv.qc.ca

**Services:** Education, information and support for people living with diabetes. \* Recreational and sports activities: aquafitness, fitness, swimming and bowling. \* Support group on demand. \* Cooking classes. \* Grocery store accompaniment with a professional. \* Nutritional education. \* Foot care. \* Diabetes screening. \* Annual events: Christmas event and conferences.

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

### ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE

Confidential Address

**514 730-8870**

**Website:** www.arcmontreal.org

**Email:** info@arcmontreal.org

**Services:** Socio-cultural club aimed at breaking social isolation, promoting physical and psychological well-being and staying active in the community. \* Social and recreational activities: card games, cinema, reading club, 5 to 7 social exchange, etc. \* Sports activities: pétanque, cycling, hiking, etc. \* Community meals: Sunday brunches, community dinners. \* Seasonal celebrations. \* Virtual activities. \* Accompaniment group for people with reduced mobility or precarious mental health problems. \* Representation of members.

**Eligibility:** gay men 50 years old and over

**Coverage area:** Greater Montreal, virtual activities: Province of Quebec

**Hours:** variable

**Fees:** annual membership: \$30 the first year, \$25 following years, activities: variable, contribution of about \$3

**Financing:** self-financing, provincial, federal

**Legal status:** non-profit organization

### ATELIER DES LETTRES EN ALPHABÉTISATION

1710 Beaudry Street, Suite 3.9, Ville-Marie, Montréal, QC, H2L 3E7

**514 524-0507 Fax:** 514 524-0222

**Website:** www.atelierdeslettres.org

**Email:** latelierdeslettres@outlook.com

**Services:** \* Reading, writing, calculation and computers workshops. \* Activities and projects. \* Public speaking. \* Newsletter from participants. \* Meetings. \* Community life: parties, community luncheons, collective kitchen, art workshops, outings.

**Eligibility:** person 18 years old and older  
**Capacity:** 14  
**Coverage area:** Montréal Island  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

### AU COUP DE POUCE CENTRE-SUD

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1  
**514 521-2439 Fax:** 514 521-5763  
**Website:** [www.aucoupdepouce.qc.ca](http://www.aucoupdepouce.qc.ca)  
**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

**Financing:** Centraide of Greater Montréal, donations, provincial, municipal, federal

**Legal status:** non-profit organization

### BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7  
**514 872-7888**  
**Website:** [montreal.ca/en/places/bibliotheque-frontenac](http://montreal.ca/en/places/bibliotheque-frontenac)  
**Email:** [bibliofrontenac@montreal.ca](mailto:bibliofrontenac@montreal.ca)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

### BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9  
**514 872-1633**  
**Website:** [montreal.ca/en/places/bibliotheque-pere-ambroise](http://montreal.ca/en/places/bibliotheque-pere-ambroise)  
**Email:** [bibliopereambroise@montreal.ca](mailto:bibliopereambroise@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **BQAM-E**

200 Sherbrooke Street West, Room SH-R315, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-3000 ext. 8574**

**Website:** [www.bqam-e.org/en](http://www.bqam-e.org/en)

**Email:** [atelier@bqam-e.org](mailto:atelier@bqam-e.org)

**Services:** \* Workshop for bike maintenance and repair with self-service equipment. \* Accompaniment by volunteers. \* Tuesday chosen mixity: weekly day reserved for women and people of gender diversity. \* Training in bicycle mechanics. \* Access to used and new parts on site. \* Special orders reserved for members. \* Collection of used parts donations on site. \* Group promoting the use of bicycles as a means of transportation.

**Capacity:** 8 bicycle stations

**Coverage area:** Island of Montréal

**Hours:** Monday 13h00 to 20h00, Tuesday to Thursday 16h00 to 20h00, Sunday 10h00 to 12h00, Tuesday: reserved for women and people of gender diversity, closed on holidays

**Fees:** workshop: free, annual membership: \$20, purchase of used parts: voluntary contribution, purchase of new parts and training: variable, cash only

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### **CARREFOUR SAINT-EUSÈBE**

2349 de Rouen Street, ground floor, Ville-Marie, Montréal, QC, H2K 1L8

**514 525-5212**

**Website:** [carrefoursteusebe.ca](http://carrefoursteusebe.ca)

**Email:** [direction@carrefoursteusebe.com](mailto:direction@carrefoursteusebe.com)

**Services:** \* Meals on wheels: hot and frozen meals. \* Community dinners. \* Collective kitchens. \* Conferences. \* Senior's line: telephone network to counter isolation and referrals. \* Computer workshops. \* Friendship calls. \* Friendship visits. \* Socialization activities: line dancing, fitness, crafts. \* Outdoor activities, with transportation. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV).

**Eligibility:** seniors 50 years and over, particularly seniors with loss of autonomy

**Capacity:** dining room: 20 people

**Coverage area:** Centre-Sud, between Sherbrooke Street to the north and the Saint-Laurent River to the south, the railroad tracks near de l'Espérance Street to the east and de la Visitation Street to the west

**Hours:** administration: Monday to Friday 8h30 to 16h30, meals on wheels: Monday to Thursday, morning delivery

**Fees:** membership: \$10 per year, meals on wheels: \$5

**Financing:** donations, provincial

**Legal status:** non-profit organization

### **CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE**

2375 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J5

**514 525-6611**

**Website:** [www.carrefoursolidaire.org/en/accueil-english](http://www.carrefoursolidaire.org/en/accueil-english)

**Email:** [info@carrefoursolidaire.org](mailto:info@carrefoursolidaire.org)

**Services:** \* Collective gardens. \* Collective kitchens and culinary workshops. \* LunchBox workshops. \* Action and reflection committee on food self-sufficiency. \* Peer support for food security. \* Frontenac solidarité market (seasonal, Frontenac Station). \* Solidarity grocery store. \* Educational services in urban agriculture. \* Engagement program and citizen involvement place. \* Mobilization around social, environmental and political food related issues.

**Eligibility:** LunchBox workshops: children

**Coverage area:** Centre-Sud

**Hours:** administration: variable, solidarity grocery store: Monday to Friday 11h00 to 19h00, Saturday, Sunday 10h00 to 17h00, community meals: Tuesday, Thursday 11h00 to 14h00

**Fees:** annual membership: free, collective kitchens: approximately \$3 per serving, LunchBox workshops: free

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations, provincial, membership fees, self-financing

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE**

1700 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L5

**514 524-6626 Fax:** 514 524-6756

**Website:** www.cclsca.qc.ca

**Email:** information@cclsca.qc.ca

**Services:** \* Day classes for adults and seniors. \* Recreational, artistic, cultural and sport activities for all ages. \* Language classes: English, French, Spanish. \* Computer workshops and individual computer tutoring. \* Outreach work initiative for seniors living in a vulnerable situation (ITMAV). \* Concerts and social outings. \* Multicultural summer day camp. \* Spring break activities. \* Computer room and Internet access. \* Room rental. \* Volunteering.

**Eligibility:** families, youth, adults, seniors, individual computer tutoring: seniors 55 years old and over

**Coverage area:** Greater Montréal, ITMAV: Centre-Sud

**Hours:** Monday to Thursday 9h00 to 21h00, Friday 9h00 to 16h00, different hours during the summer day camp

**Fees:** annual membership: \$10

**Financing:** membership fees, self-financing, provincial, municipal, federal

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE RADISSON**

1550 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J5

**514 252-1671**

**Website:** centreradisson.com

**Email:** info@centreradisson.com

**Services:** Development of citizen involvement of people living with one or multiple physical disabilities. \* Educational, social, cultural and recreational activities. \* Support of people in the discovery and the development of their abilities. \* Youth division 18 to 35 years old: networking of youth living with physical limitations. \* Various classes. \* Computers workshops.

**Eligibility:** adults and young adults living with a physical disability

**Capacity:** 225 members

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 20h00

**Fees:** annual membership: \$15, activities: variable

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization

### **CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL**

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

**514 288-8314**

**Website:** www.cerf-montreal.org

**Email:** cerfmontreal@gmail.com

**Services:** \* Monthly food assistance for family members. \* Youth cooking workshop. \* Thrift store. \* Popular education. \* Tax clinic.

**Eligibility:** families and people on a low income

**Coverage area:** from Bleury to Atateken and from Sherbrooke to de la Commune

**Hours:** Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month



**Fees:** food assistance: \$5 per month

**Financing:** provincial, donations

**Legal status:** non-profit organization

### **CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** [cjcm.ca](http://cjcm.ca)

**Email:** [info@cjcm.ca](mailto:info@cjcm.ca)

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

### **CYBERCAP**

20 Queen Street, Suite 301, Ville-Marie, Montréal, QC, H3C 1T4

**514 861-7700** Fax: 514 861-7700

**Website:** [www.cybercap.qc.ca](http://www.cybercap.qc.ca)

**Email:** [info@cybercap.qc.ca](mailto:info@cybercap.qc.ca)

**Services:** Socio-professional integration and dropout prevention with digital technology. \* Information activities on information and communications technologies (ICT). \* Digital creation workshops for youth aged 11 to 17 years old. \* Cybersecurity awareness and digital experimentation activities in primary and secondary schools. \* Employability program for youth 18 to 25 years old.

**Eligibility:** youth 16 to 35 years

**Capacity:** 60 people per year

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** employability program: none (conditions apply)

**Financing:** provincial

**Legal status:** non-profit organization

### **DOWNTOWN YMCA**

1435 Drummond Street, Ville-Marie, Montréal, QC, H3G 1W4

**514 687-9622**

**Website:** [www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA](http://www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA)

**Email:** [sac.cv@ymcaquebec.org](mailto:sac.cv@ymcaquebec.org)

**Services:** \* Youth zone for 12 to 17-year-olds. \* YMCA International Language School. \* Social reintegration program.

**Eligibility:** youth, adults

**Coverage area:** Downtown

**Financing:** self-financing, donations, municipal, provincial, federal

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575** Fax: 514 934-3776

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**GROUPE INFORMATION TRAVAIL**

1585 René-Lévesque Boulevard East, Ville-Marie, Montréal, QC, H2L 4L2

**514 526-1651** Fax: 514 526-1655

**Website:** www.groupeinfotravail.ca

**Email:** git@groupeinfotravail.ca

**Services:** Support for people suffering from social and professional exclusion. \* Training. \* Adapted, paid work experience.

**Eligibility:** people aged 16 to 65 years old in situations of social and professional exclusion

**Capacity:** 12 people per group

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 16h30, phone: Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**MAISON DES FAMILLES DU CENTRE-SUD (LA)**

1489 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J4

**514 564-3063**

**Website:** www.assofamilles.wordpress.com

**Email:** info@associationdesfamillescentresud.com

**Services:** Place for families with children of all ages to meet, share, develop a helping network, work in committees and create projects. \* Jeudi Manu'Elles: meetings allowing parents and their children to take advantage of the equipment available to them to do sewing, knitting, cooking, jewelry, natural products, etc. \* Histoire et chocolat: reading stories and tasting hot or cold chocolate depending on the season. \* Vendredi de création: family activities like cooking or arts and crafts. \* Vendredi festif: wine and cheese evening, music, karaoke, dance, games, etc. \* Vendredi réflexion: lunch-share on social, family and ethical issues. \* Seasonal activities: summer activities, Halloween party and candy distribution, Christmas party and distribution of gifts, Valentine's day, school break week. \* Particular project: empreintes paternelles. \* Les plaisirs du dimanche: monthly homemade snack with a host. \* Monthly reading and writing development workshops (3 to 7 years old). \* Distribution of books and toys.

**Eligibility:** families with children 0 to 18 years old

**Capacity:** 20 families

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 13h00 to 18h30, Friday 14h00 to 19h30, Saturday 10h00 to 12h00, programming and special events on Facebook and on the website

**Fees:** family membership: \$2 from September to September

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MAISON DES JEUNES QUINKA-BUZZ (LA)**

2102 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**514 524-3008**

**Email:** mjquinkabuzz@hotmail.com

**Services:** Animated meeting place. \* Information and referral. \* Prevention and intervention activities. \* Social, recreational and sports activities, outings. \* Cooking workshops. \* Music, art and creativity.

**Eligibility:** youth 12 to 18 years old

**Coverage area:** Centre-Sud

**Hours:** during summer: Monday to Wednesday 14h00 to 20h00, Thursday 14h00 to 20h30, during the school year: Monday to Wednesday 15h30 to 20h00, Thursday 15h30 to 20h30

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)**

680 Sherbrooke Street West, Suite 229, Ville-Marie, Montréal, QC, H3A 2M7

**514 398-8234 Fax:** 514 398-2757

**Website:** www.mcgill.ca/mcill

**Email:** mcill.scs@mcgill.ca

**Services:** Lifelong learning program focused on the exchange of knowledge, ideas and experiences. \* Study groups in person or online on a wide range of subjects: art, music, culture, literature, history, politics, health and science, etc. \* Workshops and outings. \* Conferences in person or online. \* How to register: click here \* Video clips: click here \* Library, study rooms, computer support, etc.

**Eligibility:** general public, mainly seniors

**Coverage area:** Greater Montréal

**Hours:** autumn, winter and spring semesters: Monday to Thursday 9h00 to 16h00, summer semester: Wednesday

**Fees:** registration: \$125 per semester

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**MINISTÈRE DU TOURISME DU QUÉBEC**

1255 Peel Street, Suite 400, Ville-Marie, Montréal, QC, H3B 4V4

**1 800 482-2433**

**Website:** [www.quebec.ca/en/tourism-and-recreation](http://www.quebec.ca/en/tourism-and-recreation)

**Email:** [relations.publiques@tourisme.gouv.qc.ca](mailto:relations.publiques@tourisme.gouv.qc.ca)

**Services:** Assumes governmental responsibilities relative to the development and promotion of tourism. \* Consultation and support to the tourism industry's actors. \* Reception and information services. \* Accommodation and tourism product booking. \* Complaints reception.

**Coverage area:** Province of Québec

**Hours:** telephone service: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 17h00, Wednesday 10h00 to 12h00 and 13h00 to 17h00

**Financing:** provincial

**Legal status:** provincial government agency

**MONTRÉAL CITY MISSION**

1435 City Councillors Street, Suite 3, 2nd floor, Ville-Marie, Montréal, QC, H3A 2E4

**514 844-9128 Fax:** 514 844-0067

**Website:** [www.montrealcitymission.org](http://www.montrealcitymission.org)

**Email:** [info@montrealcitymission.org](mailto:info@montrealcitymission.org)

**Services:** \* Summer day camp for children 5 to 10 years old. \* Legal information clinic and support for refugees and newcomers with a precarious immigration status. \* Mobile legal clinic for seniors from cultural communities: information and accompaniment. \* Student internships: law and social work. \* Integration activities for immigrants: sewing group, cultural outings, etc. \* Weekly meetings for immigrant seniors.

**Eligibility:** isolated or homeless people, immigrant or refugee families or individuals of all ages, families on a low income

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h45, legal clinic: Monday, Tuesday and Thursday 9h00 to 16h45

**Fees:** none

**Financing:** donations, foundations, provincial, federal

**Legal status:** non-profit organization

**NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** [www.nfcm.org/en](http://www.nfcm.org/en)

**Email:** [info@nfcm.org](mailto:info@nfcm.org)

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

**OXY-JEUNES**

2020 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 728-5297**

**Website:** [www.oxy-jeunes.com](http://www.oxy-jeunes.com)

**Email:** [info@oxy-jeunes.com](mailto:info@oxy-jeunes.com)

**Services:** Support for the artistic expression and development of youth through music, singing, dancing, theatre and media arts. \* Artistic practice workshops and mentoring by professional artists. \* Shows, concerts and exhibitions. \* Cultural outings, activities and meetings. \* Free practice time with access to musical instruments. \* Multimedia and recording studio.

**Eligibility:** youth 12 to 22 years old

**Coverage area:** Montréal Island

**Hours:** office: Monday to Friday 10h00 to 18h00, activities: Monday to Friday 16h00 to 19h00 or 20h00

**Fees:** none

**Financing:** provincial, municipal, donations

**Legal status:** non-profit organization

**PROJET TRIP**

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

**SENTIER URBAIN**

1710 Beaudry Street, Suite 3.0, Ville-Marie, Montréal, QC, H2L 3E7

**514 521-9292** **Fax:** 514 596-7093

**Website:** [www.sentierurbain.org](http://www.sentierurbain.org)

**Email:** [info@sentierurbain.org](mailto:info@sentierurbain.org)

**Services:** Promotion of social greening. \* Forest school. \* Social affiliation. \* Garden circuit. \* Becs et Jardins interpretation centre. \* Urban agriculture.

**Eligibility:** Montreal residents, homeless people, beneficiaries of community organizations, schools, daycare centers, day camps, hospitals

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** Centraide of Greater Montréal, municipal, foundations, donations

**Legal status:** non-profit organization

**SOCIÉTÉ DES MUSÉES DU QUÉBEC**

315 Sainte-Catherine Street East, Suite R-5690, 5th floor, Ville-Marie, Montréal, QC, H2X 3X2

**514 987-3264** **Fax:** 514 987-3379

**Website:** [www.musees.qc.ca/en/museums](http://www.musees.qc.ca/en/museums)

**Email:** [info@smq.qc.ca](mailto:info@smq.qc.ca)

**Services:** Promotion of museums in Québec. \* Training and professional development. \* General and specific information pertaining to various disciplines related to museology. \* Online directory of museums: [www.musees.qc.ca/en/museums/guide.html](http://www.musees.qc.ca/en/museums/guide.html)

**Eligibility:** museum institutions, people working in museums, people studying museology or a related field, directory: general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** workshops: variable

**Financing:** membership fees, grants, donations, self-financing

**Legal status:** non-profit organization

### **SOCIÉTÉ DU PARC JEAN-DRAPEAU**

1 Circuit Gilles-Villeneuve, Ville-Marie, Montréal, QC, H3C 1A9

**514 872-6120**

**Website:** [www.parcjeandrapeau.com/en](http://www.parcjeandrapeau.com/en)

**Email:** [clientele@parcjeandrapeau.com](mailto:clientele@parcjeandrapeau.com)

**Services:** Administration, operations, development, maintenance and animation of the Parc Jean-Drapeau. \* Tourism and recreational activities. \* Sports and outdoor facilities. \* Family activities, cultural and international events.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00, Canada pavilion: 8h30 to 17h00, services pavilion: 7h00 to 15h45

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** parapublic organization

### **SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL**

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 523-9220**

**Website:** [sem-montreal.org](http://sem-montreal.org)

**Email:** [info@sem-montreal.org](mailto:info@sem-montreal.org)

**Services:** Inform, mobilize and raise awareness of urban environmental issues through greening, citizen action and waste management projects. \* Ville-Marie Éco-quartier: beautification, urban ecology and water conservation, distribution of recycling and food waste bins. \* Support for the development of green alleyways. \* Plant distribution. \* Workshops and activities for schools, day-care centers and community organizations. \* Recycling: batteries, cell phones, ink cartridges, cork, can pins, keys, etc. \* Horticultural consulting. \* Environmental services for organizations.

**Eligibility:** general public

**Coverage area:** Sainte-Marie and Saint-Jacques

**Hours:** Monday to Wednesday 9h30 to 17h30, Thursday 11h30 to 19h00

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### **THE REFUGEE CENTRE**

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** [www.therefugeecentre.org](http://www.therefugeecentre.org)

**Email:** [info@therefugeecentre.org](mailto:info@therefugeecentre.org)

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## YWCA MONTRÉAL

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

## YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 226**

**Website:** [www.ydesfemmesmtl.org/en/community-services/caregivers](http://www.ydesfemmesmtl.org/en/community-services/caregivers)

**Email:** [prochesaidantes@ydesfemmesmtl.org](mailto:prochesaidantes@ydesfemmesmtl.org)

**Services:** \* Information, referral and support. \* Individual and family counselling. \* Support group. \* Legal information. \* Therapeutic workshops. \* Social and relaxation activities: yoga, meditation. \* Conferences in person and online. \* Respite care for participants. \* Specific support services for caregivers of people living with cancer.

**Eligibility:** women caregivers

**Coverage area:** Montréal Island

**Hours:** intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Libraries

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** [www.asccs.qc.ca](http://www.asccs.qc.ca)

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaigns, self-financing, municipal, membership fees

**Legal status:** non-profit organization

### **BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC**

475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4

**1 800 363-9028 TTY:** 514 873-1100

**Website:** [www.banq.qc.ca/banq-glance](http://www.banq.qc.ca/banq-glance)

**Email:** [info@banq.qc.ca](mailto:info@banq.qc.ca)

**Services:** \* Loans and access to printed and audiovisual documents. \* Espace Jeunes: library for families with children offering books, films, music and creative projects. \* Le Square: technological learning environment where you can make almost anything. \* IT tools available to the public: computers, photocopier, reproduction, scanner, Internet access. \* Study and work areas. \* Specialized services: exhibitions, training workshops and cultural activities.

**Eligibility:** general public, espace jeunes: youth 0 to 13 years old, le square: people 12 years old and over, specialized services: teens, business people, newcomers, members of cultural communities, people living with visual impairments

**Coverage area:** Province of Québec

**Hours:** Tuesday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

**Fees:** some services: variable

**Financing:** provincial

**Legal status:** non-profit organization

### **BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - MONTRÉAL ARCHIVES CENTRE**

535 Viger Avenue East, Ville-Marie, Montréal, QC, H2L 2P3

**1 800 363-9028 Fax:** 514 873-2980

**Website:** [www.banq.qc.ca/notre-institution/archives-nationales-montreal/visitez-les-archives-nationales-montreal](http://www.banq.qc.ca/notre-institution/archives-nationales-montreal/visitez-les-archives-nationales-montreal)

**Email:** [archives.montreal@banq.qc.ca](mailto:archives.montreal@banq.qc.ca)

**Services:** \* Public and private archival collections (civilian, judicial, private and governmental records): images, reference works, periodicals, microfilms. \* Reading and reproduction devices available for all users.

**Eligibility:** general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** photocopies, telecopies and other services: variable

**Financing:** provincial

**Legal status:** parapublic organization

### **BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ**

475 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 5C4

**1 866 410-0844**

**Website:** [sqa.banq.qc.ca](http://sqa.banq.qc.ca)

**Email:** [sqa@banq.qc.ca](mailto:sqa@banq.qc.ca)

**Services:** \* Adapted books loan service: braille books, audio books, digital documents and cross-media works. \* Computer workstations on site. \* Sending books by mail upon request.

**Eligibility:** people living with a visual impairment

**Coverage area:** Province of Québec

**Hours:** Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 18h00, Saturday 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization



**BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY**

2550 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W7

**514 872-7888**

**Website:** [montreal.ca/en/places/bibliotheque-frontenac](http://montreal.ca/en/places/bibliotheque-frontenac)

**Email:** [bibliofrontenac@montreal.ca](mailto:bibliofrontenac@montreal.ca)

**Services:** \* Loan and consultation of printed, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Computers, tablets, Internet access and printing devices. \* Toys, educative games and loan of board games. \* Reference, research assistance and reader assistance. \* Loan of music instruments. \* Story time. \* Book club for children. \* Workshops, conferences and exhibitions. \* Early literacy workshops.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY**

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 872-1633**

**Website:** [montreal.ca/en/places/bibliotheque-pere-ambroise](http://montreal.ca/en/places/bibliotheque-pere-ambroise)

**Email:** [bibliopereambroise@montreal.ca](mailto:bibliopereambroise@montreal.ca)

**Services:** \* Loan and consultation of books, audiovisual and digital documents. \* Home book loan for people 65 years and over or with reduced mobility. \* Fab Lab: technological learning space (electronics, computers, robotics, etc.). \* Computers, Internet access and printing devices. \* Toys and educative games. \* Story time. \* Book club for children. \* Early literacy workshops. \* Loan of music instruments. \* Reference and reader assistance. \* Workshops, conferences and exhibitions.

**Eligibility:** general public

**Coverage area:** Montréal

**Hours:** Monday, Thursday and Friday 10h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal, provincial

**Legal status:** municipal agency

**BIBLIOTHÈQUES DE MONTRÉAL - VILLE DE MONTRÉAL**

801 Brennan Street, Ville-Marie, Montréal, QC, H3C 0G4

**Website:** [montreal.ca/en/libraries](http://montreal.ca/en/libraries)

**Services:** Network of 45 municipal public libraries. \* Loan of documents and web resources. \* Cultural, scientific and literacy activities. \* Access to a common catalogue. \* Livres dans la rue: reading for children in parks during summer. \* Contact: animation in community organizations and public institutions to develop interest in reading among immigrant families or families on a low income.

**Eligibility:** livres dans la rue: children 4 to 12 years old, contact: immigrant families or families on a low income, other services: general public

**Coverage area:** Montréal

**Hours:** variable

**Fees:** residents: free, non-residents: variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

**INNOVATION YOUTH**

2205 Tupper Street, Ville-Marie, Montréal, QC, H3H 1Z4

**514 843-3996**

**Website:** www.innovationjeunes.com

**Email:** innovation@direction.ca

**Services:** Educational, personal development and professional programs. \* Innovation-Assistance: solidarity food market. \* Connections program: high school diploma. \* Summer urban agriculture employability program. \* Community kitchen. \* Donnez au suivant: youth cooking workshop. \* Children's library.

**Eligibility:** children 0 to 12 years old, young adults 15 to 25 years old, their families

**Coverage area:** Downtown, Innovation-Assistance: postal codes starting by H3H, H3V, H3Y, H3Z, H3J, H3K, H3C, H3A, H3B, H3G, H2Z, H2Y, H2X, H2W

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 18h00, Friday 12h00 to 18h30, Innovation-Assistance solidarity market: usually first and third Monday of the month

**Fees:** free, some activities: low cost

**Financing:** grants, donations, municipal, foundations

**Legal status:** non-profit organization

**Sport****AFGHAN WOMEN'S CENTRE OF MONTREAL**

1857 de Maisonneuve Boulevard West, Suite 305, Ville-Marie, Montréal, QC, H3H 1J9

**514 321-2194**

**Website:** www.awcm.ca

**Email:** info@awcm.ca

**Services:** Afghan women grouping seeking to empower socially isolated immigrant women. \* Adapted programs, self-development workshops and promotion of team-based projects. \* Courses: English and French, computer, yoga. \* Services for seniors. \* Catering service: Afghan food cooked by a senior women group. \* Accompaniment for new immigrants. \* Intergenerational skill exchange. \* Help for sick people who are in need of a translator in Dari, Pashtu and sometimes in Russian. \* Volunteer opportunities for McGill students in social education engagement to get credits. \* Social worker and social intervention service for newcomers. \* Reception of school supplies donation.

**Eligibility:** people from different cultural communities, particularly Afghan women, seniors and their families

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 12h30 to 16h30

**Fees:** membership: \$10 per year, interpretation: \$30 per hour, minimum 2 hours must be booked

**Financing:** grants

**Legal status:** non-profit organization

**AMICALE DES DIABÉTIQUES DU CHUM**

1000 Saint-Denis Street, Pavilion B.10.8054\_01, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 25358**

**Email:** amicale.diabetique.chum@ssss.gouv.qc.ca

**Services:** Education, information and support for people living with diabetes. \* Recreational and sports activities: aquafitness, fitness, swimming and bowling. \* Support group on demand. \* Cooking classes. \* Grocery store accompaniment with a professional. \* Nutritional education. \* Foot care. \* Diabetes screening. \* Annual events: Christmas event and conferences.

**Eligibility:** people living with diabetes

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h30 to 12h00 and 12h30 to 16h30

**Fees:** membership: \$10 per year

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

**AU COUP DE POUCE CENTRE-SUD**

2338 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W1

**514 521-2439 Fax:** 514 521-5763

**Website:** [www.aucoupdepouce.qc.ca](http://www.aucoupdepouce.qc.ca)

**Email:** [animateurs@aucoupdepouce.qc.ca](mailto:animateurs@aucoupdepouce.qc.ca)

**Services:** \* Referral, support, etc. \* Punctual technology support. \* Écrivain public: assistance in writing texts, government forms, etc. \* Creative workshops: writing, drawing, etc. \* Neighbourhood walks. \* Parties, cultural and social activities and outings. \* Dialogue and consultation within the community. \* Fridge des Faubourgs: free distribution of cooked meals. \* Collective kitchens for the Fridge des Faubourgs: participation in the making of the meals distributed (one portion kept by the participant).

**Eligibility:** adults and families, population on a low income and isolated

**Capacity:** 35 people

**Coverage area:** Ville-Marie, Le Plateau-Mont-Royal, Hochelaga-Maisonneuve and surroundings

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Fridge: Thursday afternoon by appointment

**Fees:** membership: \$10 per year, information and some activities are free

**Financing:** Centraide of Greater Montréal, donations, provincial, municipal, federal

**Legal status:** non-profit organization

**BLACK FLAG COMBAT CLUB**

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org/black-flag-combat-club](http://inclusionsport.org/black-flag-combat-club)

**Email:** [acces.autodefense@gmail.com](mailto:acces.autodefense@gmail.com)

**Services:** Self-managed fighting and self-defence club. \* Classes: Muay Thai, boxing, sparring, MMA, jiu-jitsu, dance, kickboxing. \* Open gym periods. \* Sale of Muay Thai merchandise. \* Sale of snacks and sports drinks.

**Eligibility:** general public, mainly people who are marginalized or have experienced violence

**Coverage area:** Montréal Island

**Hours:** variable, check social media

**Fees:** annual membership: \$5, classes: voluntary contribution

**Financing:** donations, membership fees

**Legal status:** non-profit organization

**CHEZ DORIS, WOMEN'S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

**CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART**

2633 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1W8

**514 521-6884**

**Website:** [cjcm.ca](http://cjcm.ca)

**Email:** [info@cjcm.ca](mailto:info@cjcm.ca)

**Services:** Community sports and recreation centre. \* English, Spanish, Japanese and Arabic classes. \* Entertainment activities. \* Therapeutic exercise classes for seniors. \* Prenatal and mother and baby sports activities. \* Parent-child psychomotor workshops. \* Community events and activities. \* Social club for adults. \* Arts classes: dance, singing, guitar, painting, sewing, etc. \* Various fitness classes: yoga, zumba, gymnastics, team sports, combat sports, fitness room, etc.

**Eligibility:** children, teenagers, adults, seniors

**Coverage area:** Sainte-Marie neighbourhood

**Hours:** reception: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 16h00, activities: Monday to Sunday 7h00 to 23h00

**Fees:** membership: \$20 per adult, \$10 per person 55 years and over and per child, activities: variable

**Financing:** self-financing, federal, provincial, municipal, membership fees

**Legal status:** non-profit organization

**FONDATION VIRAGE POUR LE SOUTIEN AU CANCER**

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139** Fax: 514 412-7513

**Website:** [www.viragecancer.org](http://www.viragecancer.org)

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**INCLUSION SPORT**

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org](http://inclusionsport.org)

**Email:** [acces.autodefense@gmail.com](mailto:acces.autodefense@gmail.com)

**Services:** Management of accessible sports facilities. \* Various courses. \* Sale of Muay Thai merchandise.

**Eligibility:** general public, mainly people who are marginalized or have experienced violence

**Coverage area:** Montréal Island

**Hours:** variable, check social media

**Fees:** annual membership: \$5, classes: voluntary contribution

**Financing:** donations, membership fees

**Legal status:** non-profit organization

**QUEBEC CANCER FOUNDATION**

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063** Fax: 514 527-1943

**Website:** [cancerquebec.ca/en](http://cancerquebec.ca/en)

**Email:** [cancerquebec.mtl@fqc.qc.ca](mailto:cancerquebec.mtl@fqc.qc.ca)

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## THE REFUGEE CENTRE

2107 Sainte-Catherine Street West, Suite 100, Ville-Marie, Montréal, QC, H3H 1M6

**514 846-0005**

**Website:** [www.therefugeecentre.org](http://www.therefugeecentre.org)

**Email:** [info@therefugeecentre.org](mailto:info@therefugeecentre.org)

**Services:** Organization that offers services to promote the integration of newly arrived immigrants. \* Legal aid clinic: refugee sponsorship, asylum applications, work and study permits, immigration, etc. \* Language courses: French, English, IELTS preparation, one-to-one tutoring, English and French conversation circles. \* Academic guidance and support: one-to-one guidance sessions, creation of an integration guide specific to needs. \* Programming and entrepreneurial development workshops. \* Employment Resource Centre: association of qualified business owners and newcomers, training and assistance in understanding the Canadian job market, employability workshop. \* Wellness support: individual assistance and support, group workshops, art therapy, exercise, yoga, cooking workshops, etc. \* AlloCanada, online resource repertory: [www.allocanada.org/home](http://www.allocanada.org/home)

**Eligibility:** newcomers, mostly refugees and asylum seekers

**Coverage area:** Canada

**Hours:** Monday to Friday 10h00 to 17h00, holiday period: closed from mid-December to mid-January

**Fees:** none

**Financing:** autofinancement

**Legal status:** non-profit organization

## YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 226**

**Website:** [www.ydesfemmesmtl.org/en/community-services/caregivers](http://www.ydesfemmesmtl.org/en/community-services/caregivers)

**Email:** [prochesaidantes@ydesfemmesmtl.org](mailto:prochesaidantes@ydesfemmesmtl.org)

**Services:** \* Information, referral and support. \* Individual and family counselling. \* Support group. \* Legal information. \* Therapeutic workshops. \* Social and relaxation activities: yoga, meditation. \* Conferences in person and online. \* Respite care for participants. \* Specific support services for caregivers of people living with cancer.

**Eligibility:** women caregivers

**Coverage area:** Montréal Island

**Hours:** intervention: Monday to Friday 9h30 to 17h00, activities and services: variable according to participants' needs

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## Sports and recreation for people with a disability

### ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD

2093 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C9

**514 522-2246**

**Website:** [www.asccs.qc.ca](http://www.asccs.qc.ca)

**Email:** [centre@asccs.qc.ca](mailto:centre@asccs.qc.ca)

**Services:** Leisure centre. Activities \* Adapted activities for people living with disabilities or special needs. \* Fitness class, yoga, sports, access to a training room. \* Swimming pool: free baths, swimming classes. \* Art and culture: dance, painting, music, etc. Childhood \* After-school homework help. \* School supplies distribution. \* Children parties on weekends. \* Spring break and summer day camps. \* Animation days for school groups. Community \* Computer room. \* Library. \* Companion leisure card (CAL). \* Room rental.

**Eligibility:** general public, children, adults with functional limitations

**Coverage area:** Ville-Marie

**Hours:** Monday to Friday 7h00 to 21h00, Saturday and Sunday 8h00 to 19h00

**Fees:** membership

**Financing:** provincial, fundraising campaigns, self-financing, municipal, membership fees

**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE RADISSON

1550 Dufresne Street, Ville-Marie, Montréal, QC, H2K 3J5

**514 252-1671**

**Website:** [centreradisson.com](http://centreradisson.com)

**Email:** [info@centreradisson.com](mailto:info@centreradisson.com)

**Services:** Development of citizen involvement of people living with one or multiple physical disabilities. \* Educational, social, cultural and recreational activities. \* Support of people in the discovery and the development of their abilities. \* Youth division 18 to 35 years old: networking of youth living with physical limitations. \* Various classes. \* Computers workshops.

**Eligibility:** adults and young adults living with a physical disability

**Capacity:** 225 members

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h45 to 16h30, youth 18 to 35 years old: Saturday 14h00 to 20h00

**Fees:** annual membership: \$15, activities: variable

**Financing:** grants, donations, fundraising campaigns

**Legal status:** non-profit organization

### CENTRE DE SOIR DENISE-MASSÉ

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059** Fax: 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

### FONDATION VIRAGE POUR LE SOUTIEN AU CANCER

1000 Saint-Denis Street, Suite C14-7065, Ville-Marie, Montréal, QC, H2X 0C1

**514 890-8000 ext. 28139 Fax:** 514 412-7513

**Website:** [www.viragecancer.org](http://www.viragecancer.org)

**Email:** [fondationvirage@gmail.com](mailto:fondationvirage@gmail.com)

**Services:** \* Listening, support. \* Information, documentation and resources. \* Support groups. \* Hair prostheses, caps, scarves, hats. \* Temporary breast prosthesis, compression garments for breast reconstruction. \* Onco-aesthetics. \* Kinesiology, yoga, massage therapy, literary expression, nutrition.

**Eligibility:** people living with cancer

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### GO JEUNESSE

200 Ontario Street East, Suite 3004, Ville-Marie, Montréal, QC, H2X 1H3

**514 872-7948**

**Website:** [www.gojeunesse.org](http://www.gojeunesse.org)

**Email:** [goadmin@gojeunesse.org](mailto:goadmin@gojeunesse.org)

**Services:** Sports and educational activities seeking to fight against poverty and social exclusion, school dropout, isolation and psychological distress. \* Social intervention program for youth and families. \* School and professional guidance: information on the job market and best strategies to be admitted in a study program, assistance with registration for collegial (DEC) or professional (DVS) studies. \* Sports programs for 6 and up. \* Sports day camp and school break for teens 13 to 17 years old. \* Youth program: homework assistance and adapted school support, social support through projects and workshops, sports section. \* Family activities. \* Accessibility program: extracurricular activities, day camp and family activities for people with a physical or intellectual disability.

**Eligibility:** youth, families and people from disadvantaged and vulnerable backgrounds

**Coverage area:** Montréal Island

**Hours:** office hours: Monday to Friday 9h00 to 18h30

**Fees:** membership card: \$15 per year

**Financing:** donations, municipal

**Legal status:** non-profit organization

### MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTRÉAL SECTION

1981 McGill College Avenue, Suite 200, Ville-Marie, Montréal, QC, H3A 2Y1

**514 225-9575**

**Website:** [mscanada.ca/ms-canada-montreal](http://mscanada.ca/ms-canada-montreal)

**Email:** [info.montreal@spscanada.ca](mailto:info.montreal@spscanada.ca)

**Services:** \* Information on the different aspects of the illness. \* Educational and training sessions for health professionals and volunteers. \* Referral to services that can improve living conditions. \* Support in the assertion of rights. \* Promotion and funding of research. \* Phone listening service. \* Support groups. \* Leisure activities.

**Eligibility:** patients with multiple sclerosis, their families, friends with multiple sclerosis

**Coverage area:** Montréal Island

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 8h30 to 12h00

**Fees:** activities: free or at low cost

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION**

1001 de Maisonneuve Street East, Suite 304, Ville-Marie, Montréal, QC, H2L 4P9

**1 800 567-2873**

**Website:** muscle.ca

**Email:** info@muscle.ca

**Services:** \* Support, information and documentation. \* System navigation program. \* Last resort financial aid for equipment or for other needs related to the diagnosis. \* Financing of scientific and medical research. \* Advocacy. \* Networking meetings. \* Awareness in schools and working environment. \* Webinars and virtual conferences. \* Family weekends. \* Weekends for caregivers.

**Eligibility:** persons with a neuromuscular disorder, their family members and caregivers, health professionals, researchers, educators

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**SANS OUBLIER LE SOURIRE**

2022 de la Visitation Street, Ville-Marie, Montréal, QC, H2L 3C7

**514 522-2280 ext. 220**

**Website:** www.sansoublierlesourire.org

**Email:** sansoublierlesourire@hotmail.com

**Services:** Services for adults living with an intellectual disability. \* Day centre. \* Sports activities. \* Pool and walking club. \* Seniors club. \* Awareness. \* Consultation.

**Eligibility:** adults living with moderate to severe intellectual disability, an autism spectrum disorder or an associated disorder

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** grants, donations

**Legal status:** non-profit organization

**ST-JAMES DROP-IN CENTRE**

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

**514 288-0039 Fax: 514 529-0090**

**Website:** stjamescentre.ca

**Email:** info@stjamescentre.ca

**Services:** \* Day centre: socialization place, access to a phone line, recreational and artistic activities. \* Clothing exchange service, showers and meals. \* Psychosocial services, reintegration process accompaniment and employment training program. \* Referrals.

**Eligibility:** homeless people living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** food bags: \$5 per month (maximum of 4)

**Financing:** donations, provincial, self-financing

**Legal status:** non-profit organization



## **Thrift store and material aid**

**CLOTHING**

**DONATION PICK-UPS**

**SCHOOL SUPPLIES**

**THRIFT STORES**

## Clothing

### ACCUEIL BONNEAU

427 de la Commune Street East, Ville-Marie, Montréal, QC, H2Y 1J4

**514 845-3906** Fax: 514 845-2287

**Website:** [www.accueilbonneau.com/en](http://www.accueilbonneau.com/en)

**Email:** [info@accueilbonneau.com](mailto:info@accueilbonneau.com)

**Services:** Reception of individuals who are homeless or at risk of homelessness and day-to-day assistance with basic needs and in seeking a better quality of life and well-being. \* Social reintegration. \* Dining room. \* Clothing depot. \* Barber and hairdressing service. \* Day centre: coffee, showers, art workshop, music studio, computers, etc. \* Medium and long term housing. \* Health: chiropractic care for residents and people in post-housing follow-up, optometry, denturism, dental care, medical and nursing care. \* Trust: budget management assistance, bank account opening, check cashing, account payment, debts consolidation, etc. \* Social Assistance and Support Program, socio-professional reintegration. \* Compensatory work. \* Tax clinic.

**Eligibility:** people who are experiencing or at risk of homelessness

**Capacity:** 700 meals per day

**Coverage area:** Montréal Island

**Hours:** meals: 7 days, 8h30 to 11h30, day centre: Monday to Friday 8h30 to 11h30, clothing depot: Tuesday and Thursday 8h30 to 11h30, barber: Thursday 8h30 to 11h30, barber and hairdressing service: Thursdays 8h30 to 11h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### CHEZ DORIS, WOMEN'S SHELTER FOUNDATION

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221** Fax: 514 937-2417

**Website:** [www.chezdoris.org/en](http://www.chezdoris.org/en)

**Email:** [info@chezdoris.org](mailto:info@chezdoris.org)

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

### DANS LA RUE - CHEZ POPS

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** [danslarue.org/en/](http://danslarue.org/en/)

**Email:** [centrejour@danslarue.org](mailto:centrejour@danslarue.org)

## Thrift store and material aid

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**DANS LA RUE - THE VAN**

533 Ontario Street East, Suite 450, Ville-Marie, Montréal, QC, H2L 1N8

**1 888 520-7677 Fax:** 514 526-5445

**Website:** danslarue.org/en/

**Email:** info@danslarue.org

**Services:** Street work. \* Listening, support and referral. \* Meals and donation of food, clothing and basic hygiene items. \* First stop: 20h15 to 20h45, Morgan Avenue and Sainte-Catherine Street. \* Second stop: 21h00 to 21h15, Langelier station. \* Third stop: 21h30 to 22h10, Frontenac station. \* Fourth stop: 22h45 to 23h15, du Mont-Royal Avenue and Saint-Hubert Street. \* Last stop: 23h30 to 00h15, Émilie-Gamelin park (Berri Street and de Maisonneuve Boulevard).

**Eligibility:** street people 25 years old and under

**Capacity:** 150 people per night

**Coverage area:** Centre-Sud, Plateau Mont-Royal, Hochelaga-Maisonneuve, Downtown

**Hours:** van: Monday, Wednesday, Thursday, Friday, Sunday 20h15 to 00h15

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8062 Fax:** 514 849-2411

**Website:** ymcaquebec.org/en

**Email:** laboussole@ymcaquebec.org

**Services:** Assistance in reintegrating the workforce or going back to school. \* Preparatory job training and integration into a job search group. \* Information, resume writing, interview preparation, basic knowledge of labour standards, computer training, individual follow-up throughout the process. \* Information on the impact and suspension of the criminal record and referrals to the appropriate resources. \* Ease of access to Emploi Québec services and measures. \* School guidance accompaniment. \* Clothing donation for interviews. \* Free access to the Downtown Y centre sports facilities. \* Ad hoc events. \* Job search terminal. \* Access to different tools: computers, wifi, phones, fax, documentation, etc.

**Eligibility:** people 18 and over with a criminal record

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h30 to 4:30

**Fees:** none

**Financing:** Provincial

**Legal status:** non-profit organization

**HERSTREET**

1050 Jeanne-Mance Street, Ville-Marie, Montréal, QC, H2Z 1L7

**514 284-9665 Fax:** 514 284-6570

**Website:** www.laruedesfemmes.org/en

**Email:** info@laruedesfemmes.org

**Services:** Day centre and emergency shelter for women experiencing homelessness. \* Day centre: meals, rest areas and relational health care. \* Support, counselling, crisis intervention, individual counselling, referral and accompaniment. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Distribution of menstrual hygiene products. \* Recovery and distribution of material donations: clothings, hygiene and personal care products, sleeping bags, etc. \* Short, medium or long term shelter and emergency beds.

**Eligibility:** women experiencing homelessness or difficulty

**Capacity:** Olga's emergency shelter: 9 beds

**Coverage area:** Greater Montréal

**Hours:** shelter: 24 hours / 7 days, day centre: Monday to Friday 10h00 to 15h00, lunch 11h30 to 12h45, meals served at the door: breakfast 8h00 to 9h15, dinner 17h00 to 18h00

**Fees:** meals at the day centre and emergency shelter: none

**Financing:** self-financing, municipal, provincial, federal

**Legal status:** non-profit organization

## **NATIVE FRIENDSHIP CENTRE OF MONTREAL**

2001 Saint-Laurent Boulevard, Ville-Marie, Montréal, QC, H2X 2T3

**514 499-1854 Fax:** 514 499-9436

**Website:** [www.nfcm.org/en](http://www.nfcm.org/en)

**Email:** [info@nfcm.org](mailto:info@nfcm.org)

**Services:** Drop-in centre for indigenous homeless people. \* Hot meals: breakfast and lunch. \* Clothing donations. \* Showers and laundry service. \* Street patrols and guidance in urban areas, blankets and needle exchange. \* Food baskets after the 15th of every month. \* Monthly community dinners. \* Youth services: Inter-Tribal youth centre, employment assistance, literacy workshops, cooking workshops. \* Information and referral. \* Telephone and Internet access. \* Emergency transportation and accompaniment for social and medical services and to shelters. \* Healthcare staff available every 2 weeks for vaccines, screening and general check-ups. \* Legal and social advocacy. \* Social and cultural activities for youth and adults. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Christmas baskets.

**Eligibility:** Indigenous people, street patrol: indigenous people experiencing homelessness in downtown Montreal

**Coverage area:** Montréal Island

**Hours:** day centre: Monday, Tuesday, Thursday and Friday 9h30 to 16h30, Wednesday 9h00 to 20h00

**Fees:** none

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

## **NOTRE DAME DE LA RUE**

Confidential Address

**514 777-3009**

**Website:** [www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue](http://www.diocesemontreal.org/en/archdiocese/notre-dame-de-la-rue)

**Email:** [curedelarue@gmail.com](mailto:curedelarue@gmail.com)

**Services:** Street work. \* Listening, spiritual support and follow-up. \* Distribution of food and full meal cards for pre-selected restaurants to homeless people. \* Donation and recuperation of warm clothes. \* Community and compensatory work opportunities. \* Funeral services for unclaimed deceased people. \* Distribution of naxolone.

**Eligibility:** people experiencing homelessness, inmates or ex-inmates experiencing homelessness, funeral services: general public

**Coverage area:** Montréal Island

**Hours:** street work: variable, food distribution: Tuesday 11h30, Thursday 11h30 and 18h00, some Wednesday in the beginning of the afternoon, variable location

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**ST. MICHAEL'S MISSION**

1105 Stanley Street, Ville-Marie, Montréal, QC, H3B 2S6

**514 844-8127 Fax:** 514 844-0453

**Website:** stmichaelsmission.ca

**Email:** info@stmichaelsmission.ca

**Services:** \* Day centre: breakfast, lunch, snacks, coffee. \* Warming centre. \* Mobile medical care and social services. \* Cultural activities. \* Non-perishable food bags, men's and women's clothing, menstrual hygiene and body care products and pet food distribution. \* Community garden. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Pilot project in partnership with the Caisse Desjardins in Complexe Desjardins: cheques can be deposited there for people who don't have an identity card and who can be identified by one of the organization's employees.

**Eligibility:** people on a low income, homeless people

**Capacity:** day centre: 50 places

**Coverage area:** Montréal Island

**Hours:** day centre: Monday to Friday 8h00 to 15h00, food bank: exclusively between the 15th to the 31st of the month during our regular opening hours

**Fees:** none

**Financing:** federal, provincial, foundations, donations

**Legal status:** non-profit organization

**Donation pick-ups****DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** danslarue.org/en/

**Email:** centredejour@danslarue.org

**Services:** \* Recovery of donations: non-perishable food, clothing for young adults and appliances. \* Appliance pick-up.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 17h00, Thursday and Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**SOCIÉTÉ POUR L'ACTION, L'ÉDUCATION ET LA SENSIBILISATION ENVIRONNEMENTALE DE MONTRÉAL**

1240 Saint-Marc Street, Ville-Marie, Montréal, QC, H3H 2E5

**514 933-1069**

**Website:** saesem.org/en

**Email:** info@saesem.org

**Services:** \* Environmental education: training and workshops for organization. \* Mégot Zéro: installation of ashtrays on public and private property, recycling of cigarette butts. \* Furniture and household items recovery activity: curbside and home pickup, recovered items redistributed to charitable organizations. \* Eco-quartier in Peter-McGill.

**Eligibility:** general public

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 17h00, recovery activities: consult the website

**Financing:** donations, municipal

**Legal status:** non-profit organization

## School supplies

### OPÉRATION BONNE MINE

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 ext. 121** Fax: 514 526-5930

**Website:** [ssvp-mtl.org/en/132/register-for-back-to-school-support](http://ssvp-mtl.org/en/132/register-for-back-to-school-support)

**Email:** [programme@ssvp-mtl.org](mailto:programme@ssvp-mtl.org)

**Services:** School perseverance program. \* Back-to-school financial assistance. \* Sociocultural and artistic activities. \* School perseverance scholarships.

**Eligibility:** children 5 to 18 years old enrolled in primary or secondary school, from economically disadvantaged backgrounds

**Coverage area:** Montréal, Laval, MRC L'Assomption

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Thrift Stores

### CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL

105 Ontario Street East, Suite 101, Ville-Marie, Montréal, QC, H2X 1G9

**514 288-8314**

**Website:** [www.cerf-montreal.org](http://www.cerf-montreal.org)

**Email:** [cerfmontreal@gmail.com](mailto:cerfmontreal@gmail.com)

**Services:** \* Monthly food assistance for family members. \* Youth cooking workshop. \* Thrift store. \* Popular education. \* Tax clinic.

**Eligibility:** families and people on a low income

**Coverage area:** from Bleury to Atateken and from Sherbrooke to de la Commune

**Hours:** Tuesday to Thursday 9h30 to 16h30, Friday 9h00 to 12h00, food assistance: last Thursday of each month

**Fees:** food assistance: \$5 per month

**Financing:** provincial, donations

**Legal status:** non-profit organization

### COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM

405 Sainte-Catherine Street East, Suites J-M890 and J-M775, Ville-Marie, Montréal, QC, H2L 2C5

**514 987-3000 ext. 5669**

**Website:** [cspeuqam.com](http://cspeuqam.com)

**Email:** [info@cspeuqam.ca](mailto:info@cspeuqam.ca)

**Services:** \* Representation and advocacy of the rights of studying parents. \* Food aid. \* Thrift store for children. \* Daycare. \* Scholarships. \* Family outings. \* Thematic workshops. \* Referrals and accompaniment. \*

Associative room J-M775: space for socialization, work and rest.

**Eligibility:** parents studying at the Université du Québec à Montréal

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** none

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**COMITÉ SOCIAL CENTRE-SUD**

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092** Fax: 514 596-7093

**Website:** comitesocialcentresud.wordpress.com

**Email:** direction@comite.social

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

**ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE**

2000B Alexandre-DeSève Street, Ville-Marie, Montréal, QC, H2L 2W4

**514 521-0095 option 4 ext. 1**

**Website:** entraideléotheoret.ca

**Email:** info@entraideleotheoret.org

**Services:** \* Collective and community kitchens. \* Meals to go. \* Café Léo: coffee meetings with community meals. \* Christmas baskets. \* Collective gardens. \* Bazaar. \* Tax clinic.

**Eligibility:** families and people in need or on a low income, homeless people

**Capacity:** 250 meals

**Coverage area:** Centre-Sud: Sainte-Marie-Saint-Jacques

**Hours:** food distribution: Tuesday and Friday 12h00 to 14h00, bazar: Tuesday and Friday 10h00 to 16h00

**Fees:** membership: \$5, collective kitchens: variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**MAINS DU QUARTIER (LES)**

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 989-1735**

**Website:** lesmainsduquartier.ca

**Email:** lesmainsduquartier@gmail.com

**Services:** \* Food assistance in the form of food baskets. \* Meals or lunch boxes to take away. \* Community grocery store. \* Bargain shop: kitchen items. \* Francization. \* Help in apartment search. \* Christmas baskets and Christmas parties. \* Tax clinic.

**Eligibility:** all people in need: citizens, immigrants, refugees, newcomers, students, 2SLGBTQI+ community

**Capacity:** 350 to 400 food baskets per week

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 9h00 to 17h00, phone line: 7 days, food baskets: Wednesday 18h30 to 19h30, Friday 15h00 à 17h00, take-out meals: Friday 17h30 to 18h30, Saturday and Sunday by appointment only, community grocery store: Saturdays 16h00 to 18h00

**Fees:** food baskets: \$7 per basket, take-out meals: variable

**Financing:** self-financing

**Legal status:** non-profit organization

**MONTRÉAL LGBTQ+ COMMUNITY CENTRE**

2075 Plessis Street, Suite 110, Ville-Marie, Montréal, QC, H2L 2Y4

**514 528-8424** Fax: 514 528-9708

**Website:** ccglm.org/en

**Email:** info@cclgbtqplus.org

## Thrift store and material aid

**Services:** Reunion place for organizations and individuals dedicated to improve quality of life through education, information and research. \* Field of intervention: health and social services, leisure, sports, culture and arts. \* Open book library: sexual diversity and gender identity specialized documentation centre. \* Assistance program for asylum seekers and newcomers (The LGBTQ+ Compass): support letters, creation of social links, referrals to specific resources. \* Food baskets distribution by Partage & Solidarité. \* Technical and administrative support to organizations and individuals.

**Eligibility:** gay, lesbian, bisexual, trans, queer or questioning community

**Coverage area:** Greater Montréal

**Hours:** Monday 12h00 to 18h00, Tuesday and Wednesday 14h00 to 18h00, Thursday 14h00 to 20h00

**Fees:** membership: \$35 per individual, \$25 per group

**Financing:** provincial, federal, donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL DE MONTRÉAL - COMPTOIR 1930**

1930 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2S8

**514 526-5937 ext. 603 Fax:** 514 526-5930

**Website:** [ssvp-mtl.org/en](http://ssvp-mtl.org/en)

**Email:** [ateliermeubles@ssvp-mtl.org](mailto:ateliermeubles@ssvp-mtl.org)

**Services:** Sale at low prices of used small household items, clothing, furniture, appliances, etc. \* On-site recovery of donations. \* Possibility of delivery of purchases.

**Coverage area:** Montréal Island

**Hours:** office: Tuesday to Saturday 8h30 to 16h30, store: Tuesday to Saturday 9h00 to 16h00

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

**YWCA MONTRÉAL**

1275 De Lorimier Street, Ville-Marie, Montréal, QC, H2K 0G2

**514 866-9941 Fax:** 514 866-4866

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [info@ydesfemmesmtl.org](mailto:info@ydesfemmesmtl.org)

**Services:** Multiservice centre for women. \* Transitional housing with psychosocial. \* Accompaniment for a return to work. \* Fringues & Cie boutique: learning and training space. \* Workshops for youth and schools: healthy relationships, career diversification. \* Workshops to promote inclusion and diversity in the workplace. \* Community services and volunteer action: tax clinic, volunteering opportunities, integration assistance for newcomers, activities, support. \* Legal information clinic. \* Support for caregivers. \* Activities, workshops, conferences.

**Eligibility:** women and girls

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** fees for certain services only

**Financing:** self-financing, grants, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization



## **Transportation**

**ACCOMPANIED TRANSPORT**

**ACCOMPANIED TRANSPORT FOR MEDICAL REASONS**

**PARATRANSIT**

**PUBLIC TRANSPORTATION**

## Accompanied transport

### ENTRAIDE BÉNÉVOLE MÉTRO - ACCOMPANIMENT

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575**

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** Accompaniment for shopping, to the bank and to medical appointments by volunteers.

**Eligibility:** older adults 60 years old and over with various levels of autonomy

**Coverage area:** downtown and Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** 7 days, provided for the volunteers' availabilities on weekends, accompaniment for medical appointments: from 8h30

**Fees:** transport fees must be paid by the beneficiary

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

### MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554 Fax:** 514 597-2788

**Website:** maisonpleincoeur.org/en

**Email:** info@maisonpleincoeur.org

**Services:** \* Accompaniment and transportation to medical and food bank appointments by volunteers.

**Eligibility:** people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy

**Coverage area:** Downtown

**Hours:** Tuesday to Friday 9h00 to 17h00

**Fees:** \$5 per transportation

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

### MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT

1490 Saint-Antoine Street West, Ville-Marie, Montréal, QC, H3C 1C3

**514 935-6396 Fax:** 514 935-3165

**Website:** welcomehallmission.com

**Email:** info@missionba.com

**Services:** \* Emergency shelter: housing, daily breakfast and supper, clothing, hygiene products, showers, counselling services. \* Transition shelter and reintegration program. \* Community activities. \* Addiction treatment centre. \* Assistance with personal finances. \* Accompaniment in housing search. \* Prisme program: housing for men living with psychotic disorders, support, and nursing services.

**Eligibility:** men 18 years and over homeless or in need, with or without addiction issues, Prisme program: men living with psychotic disorders

**Capacity:** 160 emergency beds

**Coverage area:** Greater Montréal

**Hours:** 24 hours / 7 days, meal: everyday at 17h00, admissions: 15h30 to 17h00, new admissions: from 17h00

**Fees:** none, Prism program: \$358 per month

**Financing:** federal, self-financing, donations, provincial, municipal

**Legal status:** non-profit organization

## Accompanied transport for medical reasons

### MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION

1611 Dorion Street, Ville-Marie, Montréal, QC, H2K 4A5

**514 597-0554** Fax: 514 597-2788

**Website:** maisonpleincoeur.org/en

**Email:** info@maisonpleincoeur.org

**Services:** \* Accompaniment and transportation to medical and food bank appointments by volunteers.

**Eligibility:** people living with HIV/AIDS with a slight, temporary or permanent loss of autonomy

**Coverage area:** Downtown

**Hours:** Tuesday to Friday 9h00 to 17h00

**Fees:** \$5 per transportation

**Financing:** federal, provincial, grants

**Legal status:** non-profit organization

## Paratransit

### SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - INCLUSIVE MOBILITY

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636**

**Website:** www.stm.info/en/info/universal-accessibility/inclusive-mobility

**Email:** mobi@stm.info

**Services:** Public transit learning program for people with functional motor and intellectual limitations. \*

Theoretical training in group. \* Practical training and individual coaching. \* Informative leaflets for public transit use available online.

**Eligibility:** people with functional motor or intellectual limitations, autistic people, people with speech and language disorders, people admitted to paratransit or using the regular network

**Capacity:** 150 people

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** none

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## Public Transportation

### EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN

700 de La Gauchetière Street West, 26th floor, Ville-Marie, Montréal, QC, H3B 5M2

**1 833 255-6396**

**Website:** exo.quebec/en

**Services:** Collective transportation. \* Commuter trains. \* Buses. \* Paratransit.

**Coverage area:** Greater Montréal, Saint-Jérôme

**Hours:** Monday to Friday 6h00 to 20h30, Saturday and Sunday and holidays 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, municipal, provincial

**Legal status:** parapublic organization

**FIRST STOP - DOWNTOWN YMCA CENTRE**

1717 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 284-2247**

**Website:** [www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop](http://www.ymcaquebec.org/en/community-programs/prevention-of-social-exclusion/ymca-homelessness-assistance-first-stop)

**Email:** [premier.arret@ymcaquebec.org](mailto:premier.arret@ymcaquebec.org)

**Services:** Community program for vulnerable people or at risk of homelessness who arrive and transit in the Montreal Bus Station area. \* Reception, help, reference and support. \* Last resort assistance through tickets for public transportation within Montreal for people in the Centre-Sud sector (or nearby) who need transportation for procedures (medical appointments, etc.). \* Repatriation outside the city for people at risk who, for their safety, must return to their hometown. \* Possibility of using a telephone to take steps or maintain contact with a support network.

**Eligibility:** vulnerable people newly arrived in Montreal or recently homeless, people at risk of homelessness

**Coverage area:** Montréal Island, tickets for public transport: Berri-UQAM metro station surroundings

**Hours:** Monday to Friday 9h30 to 22h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, donations, municipal, provincial

**Legal status:** non-profit organization

**FONDATION JEAN MARC PAQUETTE - SAFIR**

215 Saint-Jacques Street, Suite 600, Ville-Marie, Montréal, QC, H2Y 1M6

**514 461-2088**

**Website:** [www.fjmp.org/fr/safir](http://www.fjmp.org/fr/safir)

**Email:** [projet-safir@outlook.com](mailto:projet-safir@outlook.com)

**Services:** Quick financial assistance for people living with breast cancer. \* Assistance for the payment of certain bills.

**Eligibility:** people living with breast cancer

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**QUÉBEC 511 ROAD NETWORK CONDITIONS**

500 René-Lévesque Boulevard West, Suite 4.010, Ville-Marie, Montréal, QC, H2Z 1W7

**511**

**Website:** [www.quebec511.info/en/default.aspx](http://www.quebec511.info/en/default.aspx)

**Services:** Information on road conditions, works and any information necessary to plan trips on Québec's road network.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

**SOCIÉTÉ DE TRANSPORT DE MONTRÉAL**

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6

**514 786-4636 Fax:** 514 280-5193 **TTY:** 514 280-8200

**Website:** [www.stm.info/en](http://www.stm.info/en)

**Services:** Montréal's public transit network: metro, bus, shuttles and public taxis.

**Eligibility:** general public, free travel 65 and over: people 65 years old and over living in the Greater Montreal area, student rate: 6 to 64 year-olds enrolled full-time in a school recognized by the Ministère de l'Éducation du Québec or the Ministère de l'Enseignement supérieur du Québec.

**Coverage area:** Montréal Island

## Transportation

**Hours:** administration: Monday to Friday 8h00 to 18h00, trips and OPUS card information: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, comments: Monday to Friday 7h00 to 19h30, Saturday, Sunday and legal holidays 8h30 to 16h30, lost and found: Monday to Friday 8h00 to 18h00  
**Fees:** variable, opus card with photo: \$6 for 6 to 11 years old, \$15 for 12 years old and over  
**Financing:** self-financing, provincial  
**Legal status:** parapublic organization

**STM COMPANION CARD**

800 de la Gauchetière Street West, Ville-Marie, Montréal, QC, H5A 1J6  
**514 786-4636**

**Website:** [www.stm.info/en/info/universal-accessibility/universal-access](http://www.stm.info/en/info/universal-accessibility/universal-access)

**Services:** \* Card providing free travel for the person who accompanies the cardholder while he or she uses the STM bus and métro transit network.

**Eligibility:** people living with an intellectual or visual disability's companion

**Coverage area:** Montréal Island

**Hours:** administration: Monday to Friday 8h00 to 18h00

**Fees:** free

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**VIA RAIL CANADA**

Confidential Address

**1 888 842-7245** Fax: 514 871-6104 TTY: 1 800 268-9503

**Website:** [www.viarail.ca/en](http://www.viarail.ca/en)

**Services:** National rail organization. \* Intercity, cross-Canada and remote communities services.

**Coverage area:** Canada

**Hours:** customer service: Monday to Sunday 8h00 to 21h00

**Fees:** variable

**Financing:** self-financing, provincial, federal

**Legal status:** parapublic organization

**Violence and abuse****CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****ELDER ABUSE****HELP LINES RELATED TO VIOLENCE AND ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**

## Child abuse

### CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

**514 593-3979**

**Website:** [cussss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est](http://cussss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est)

**Services:** Youth protection. \* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. \* Phone consultation service without reporting. \* Psychosocial adaptation and rehabilitation. \* Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). \* Housing: foster families, group homes, rehabilitation centers and intermediate resources. \* Adoption services, biological parents search. \* Expertise service to the Superior Court. \* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### JASMIN ROY SOPHIE DESMARAIS FOUNDATION

296 Saint-Paul Street West, Suite 300, Ville-Marie, Montréal, QC, H2Y 2A3

**514 730-9057**

**Website:** [fondationjasminroy.com/en](http://fondationjasminroy.com/en)

**Email:** [info@fondationjasminroy.info](mailto:info@fondationjasminroy.info)

**Services:** Promotion and creation of positive and caring environments. \* Directory of organizations supporting victims, abusers or witnesses: [fondationjasminroy.com/en/need-help](http://fondationjasminroy.com/en/need-help) \* Development of educational tools and practical guides. \* Virtual reality workshops. \* Les Grandes Rencontres: teaching staff training tour. \* Supporting research against violence, discrimination and bullying. \* Awareness raising and promotion of anti-bullying initiatives. \* Promotion of gender equality, sexual and gender diversity, and cultural diversity.

**Eligibility:** organizations, schools and school workers, general public

**Coverage area:** Province of Québec

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7

**514 398-2686**

**Website:** [www.mcgill.ca/dvc](http://www.mcgill.ca/dvc)

**Email:** [derrolj@hotmail.com](mailto:derrolj@hotmail.com)

**Services:** Domestic violence school based clinic. \* Individual, couple, family and group therapy by supervised McGill University students. \* Research in domestic violence.

**Eligibility:** people experiencing or perpetrating domestic violence, their partner, their family

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial

**Legal status:** parapublic organization

**PROJET TRIP**

2000 Parthenais Street, Suite 1728, Ville-Marie, Montréal, QC, H2K 3S9

**Website:** <https://projettrip.org/>

**Email:** [intervention.trip@gmail.com](mailto:intervention.trip@gmail.com)

**Services:** Addiction and violence prevention, sex education and promotion of citizenship. \* Fieldwork. \* Listening. \* Counselling. \* Referrals and accompaniments. \* Space for youth. \* Class presentations. \* Photography club. \* Youth projects. \* Kiosks and themed events.

**Eligibility:** youth 12 to 20 years old

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 8h00 to 17h00, variable

**Financing:** provincial, donations

**Legal status:** non-profit organization

**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**Domestic violence: shelters and support****CHINESE FAMILY SERVICE OF GREATER MONTRÉAL**

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax: 514 861-9008**

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)



**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

## COMMUNITY LEGAL CENTRE OF MONTRÉAL

425 De Maisonneuve Boulevard West, Suite 600, Ville-Marie, Montréal, QC, H3A 3K5

**1 800 842-2213 Fax:** 514 864-1515

**Website:** [www.aidejuridiquedemontreal.ca/en](http://www.aidejuridiquedemontreal.ca/en)

**Email:** [aidejuridiquemtl@ccjm.qc.ca](mailto:aidejuridiquemtl@ccjm.qc.ca)

**Services:** Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. \* Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. \* Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. \* Legal consultation with a lawyer. \* Emergency telephone service: telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. \* Legal information regarding the rights and obligations of legal aid recipients. \* Some services may be rendered by a notary. \* Complaints reception.

**Eligibility:** person or non-profit organization residing in Québec or forced to remain in Québec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Montréal Island, Laval

**Hours:** 8h30 to 12h00 and 13h00 to 16h30, telephone consultation service: 24 hours / 7 days

**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:** provincial

**Legal status:** parapublic organization

## CÔTÉ COUR

1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6

**514 868-9577 ext. 0**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour](http://ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour)

**Services:** \* Specialized assistance in domestic and family violence. \* Direct legal assistance. \* Psychosocial intervention, support, and listening. \* Referral to the appropriate resources. \* Information on the legal process, rights, and resources. \* Interpretation service. \* Two service points: Courthouse and Municipal Court of Montréal.

**Eligibility:** victims of domestic and familial violence whose case was judicialized in Montreal

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD**

600 Fullum Street, Suite 5.04, Ville-Marie, Montréal, QC, H2K 3L6

**514 864-2111 Fax:** 514 864-7329

**Website:** [www.aidejuridiquedemontreal.ca/en/find-a-service-point](http://www.aidejuridiquedemontreal.ca/en/find-a-service-point)

**Email:** [baj.centresud@ccjm.qc.ca](mailto:baj.centresud@ccjm.qc.ca)

**Services:** Legal aid office in administrative, civil and family law.

**Eligibility:** persons or non-profit organizations residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** Centre-Sud and surroundings

**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 website

**Financing:** self-financing

**Legal status:** parapublic organization

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7

**514 398-2686**

**Website:** [www.mcgill.ca/dvc](http://www.mcgill.ca/dvc)

**Email:** [derrolj@hotmail.com](mailto:derrolj@hotmail.com)

**Services:** Domestic violence school based clinic. \* Individual, couple, family and group therapy by supervised McGill University students. \* Research in domestic violence.

**Eligibility:** people experiencing or perpetrating domestic violence, their partner, their family

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial

**Legal status:** parapublic organization

**UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE**

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals.\* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \*

Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Elder abuse

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244** Fax: 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### JASMIN ROY SOPHIE DESMARAIS FOUNDATION

296 Saint-Paul Street West, Suite 300, Ville-Marie, Montréal, QC, H2Y 2A3

**514 730-9057**

**Website:** [fondationjasminroy.com/en](http://fondationjasminroy.com/en)

**Email:** [info@fondationjasminroy.info](mailto:info@fondationjasminroy.info)

**Services:** Promotion and creation of positive and caring environments. \* Directory of organizations supporting victims, abusers or witnesses: [fondationjasminroy.com/en/need-help](http://fondationjasminroy.com/en/need-help) \* Development of educational tools and practical guides. \* Virtual reality workshops. \* Les Grandes Rencontres: teaching staff training tour. \* Supporting research against violence, discrimination and bullying. \* Awareness raising and promotion of anti-bullying initiatives. \* Promotion of gender equality, sexual and gender diversity, and cultural diversity.

**Eligibility:** organizations, schools and school workers, general public

**Coverage area:** Province of Québec

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

### RESPECTING ELDERS COMMUNITIES AGAINST ABUSE

2155 Guy Street, Suite ER-643, Ville-Marie, Montréal, QC, H3G 1M8

**1 855 419-2424**

**Website:** [recaa.ca](http://recaa.ca)

**Email:** [recaa.montreal@gmail.com](mailto:recaa.montreal@gmail.com)

**Services:** Raising awareness and preventing elder mistreatment. \* Popular theatre workshop: staging to establish a dialogue on abuse in different ethno-cultural communities and to recognize the signs of elder mistreatment.

**Eligibility:** seniors, their relatives, community organizations, general public

**Coverage area:** Greater Montréal, mainly Montréal Island

**Hours:** on appointment, Thursday 10h00 to 15h00

**Financing:** grants, self-financing, provincial

**Legal status:** non-profit organization

## Help lines related to violence and abuse

### CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL

1001 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2L 4P9

**514 593-3979**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est](http://ciusss-centresudmtl.gouv.qc.ca/etablissement/centre-de-protection-de-lenfance-et-de-la-jeunesse-maisonneuve-est)

**Services:** Youth protection. \* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth. \* Phone consultation service without reporting. \* Psychosocial adaptation and rehabilitation. \* Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). \* Housing: foster families, group homes, rehabilitation centers and intermediate resources. \* Adoption services, biological parents search. \* Expertise service to the Superior Court. \* Youth in difficulties Research centre.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Montréal Island

**Hours:** office: 7 days, 9h00 to 17h00, phone line: 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY

680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8

**Website:** [www.sacomss.org](http://www.sacomss.org)

**Email:** [sacomss@gmail.com](mailto:sacomss@gmail.com)

**Services:** \* Weekly confidential support groups: for survivors, in English and French. \* Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. \* Advocacy: information, accompaniment.

**Eligibility:** survivors of sexual assault and their allies

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Prevention of violence and crime

### CARREFOUR DE RESSOURCES EN INTERCULTUREL

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**514 525-2778 ext. 1**

**Website:** [criccentresud.org](http://criccentresud.org)

**Email:** [info@criccentresud.org](mailto:info@criccentresud.org)

**Services:** Organization of intercultural rapprochement through various projects. \* Accompaniment of people from immigrant backgrounds in order to facilitate their integration into the host society, and more specifically to people with precarious status (asylum seekers, refugees, undocumented migrants, etc.). \* Personalized, free and confidential referral services to help newcomers find resources for housing, food aid, financial aid, employment, legal advice, access to healthcare, information on individual and working rights, etc. \* Assistance and support in the legal process for immigrants. \* Mobilization and citizen involvement: popular education on intercultural communication and multi-ethnic contexts, creation of tools for intercultural rapprochement. \* Femmes-relais and Hommes-relais interculturels: professional integration program for immigrant women and men in order to train them to accompany the newcomers. \* Service point for issuing identity and residence cards for people with no or precarious status. \* Support for francization: discussion workshops in French. \* Support for organizations and schools to facilitate the inclusion of immigrants.

**Eligibility:** immigrants, asylum seekers, refugees, organizations, people with precarious status and undocumented migrants, organizations, individuals and community stakeholders, businesses, schools, general population, identity cards: people with tourist or temporary resident status who have not renewed of their tourist visa, study permit or work permit and have not left Canada, people whose refugee claim has been refused, people who entered Canada illegally, trans people awaiting new identification documents, people experiencing homelessness

**Coverage area:** Montréal, especially Ville-Marie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** none

**Financing:** Centraide du Grand Montréal, municipal, provincial, fundraising campaigns

**Legal status:** non-profit organization

## CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901 Fax:** 514 524-2183

**Website:** ceaf-montreal.qc.ca

**Email:** info@ceaf-montreal.qc.ca

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

## CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** www.famillechinoise.qc.ca

**Email:** direction@famillechinoise.qc.ca

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### **DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **EN MARGE 12-17 - VOLET PARENT**

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** [www.enmarge1217.ca](http://www.enmarge1217.ca)

**Email:** [parents@enmarge1217.ca](mailto:parents@enmarge1217.ca)

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

### **ENSEMBLE FOR THE RESPECT OF DIVERSITY**

2120 Sherbrooke Street East, Ville-Marie, Montréal, QC, H2K 1C3

**514 842-4848 Fax:** 514 842-7557

**Website:** [www.ensemble-rd.com](http://www.ensemble-rd.com)

**Email:** [info@ensemble-rd.com](mailto:info@ensemble-rd.com)

**Services:** Promotion of respect for differences, encouraging dialogue, awareness and prevention of discrimination and bullying among youth. \* Awareness-raising workshops in schools. \* Project Imprint: mobilization program in secondary schools.

**Eligibility:** youth 9 to 18 years old, elementary and high schools, public and private, French and English speaking

**Coverage area:** Canada

**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00

**Financing:** federal, provincial, self-financing, donations, municipal

**Legal status:** non-profit organization

**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

**1 877 204-0250 Fax:** 514 522-5191

**Website:** [equijustice.ca/en](http://equijustice.ca/en)

**Email:** [info@equijustice.ca](mailto:info@equijustice.ca)

**Services:** Promotion of fair and accessible justice for all. \* Restorative justice, criminal mediation, citizen mediation, social mediation, specialized mediation. \* Mediation training. \* Parenthèse project at the Montréal courthouse: accompaniment and support for people considering a request for involuntary hospitalization. \*

Online members' directory: [equijustice.ca/en/find-an-equijustice](http://equijustice.ca/en/find-an-equijustice)

**Eligibility:** adults, families and teenagers, victims, offenders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

**GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS**

1300 Sanguinet Street, Ville-Marie, Montréal, QC, H2X 3E7

**514 847-0067 ext. 300 Fax:** 514 847-0038

**Website:** [cactusmontreal.org/programmes/giap](http://cactusmontreal.org/programmes/giap)

**Email:** [agentpairs@cactusmontreal.org](mailto:agentpairs@cactusmontreal.org)

**Services:** Youth program of Cactus Montréal working on a peer basis in order to prevent the transmission of HIV, VHC and other STBBI and the reduction of harm related to drug consumption and life on the streets. \* Proximity intervention among the partner resources. \* Group intervention to raise awareness about life on the streets, unsafe practices and their impacts. \* Organisation of the Festival d'Expression de rue/Street expression Festival (FER) and the Pik-nik d'Expression de la rue/Street expression Pik-nik (PER).

**Eligibility:** youth 14 to 30 years old in very precarious situations

**Coverage area:** Montréal Island

**Hours:** closed on Fridays

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**JASMIN ROY SOPHIE DESMARAIS FOUNDATION**

296 Saint-Paul Street West, Suite 300, Ville-Marie, Montréal, QC, H2Y 2A3

**514 730-9057**

**Website:** [fondationjasminroy.com/en](http://fondationjasminroy.com/en)

**Email:** [info@fondationjasminroy.info](mailto:info@fondationjasminroy.info)

**Services:** Promotion and creation of positive and caring environments. \* Directory of organizations supporting victims, abusers or witnesses: [fondationjasminroy.com/en/need-help](http://fondationjasminroy.com/en/need-help) \* Development of educational tools and practical guides. \* Virtual reality workshops. \* Les Grandes Rencontres: teaching staff training tour. \* Supporting research against violence, discrimination and bullying. \* Awareness raising and promotion of anti-bullying initiatives. \* Promotion of gender equality, sexual and gender diversity, and cultural diversity.

**Eligibility:** organizations, schools and school workers, general public

**Coverage area:** Province of Québec

**Financing:** donations, fundraising campaigns, provincial

**Legal status:** non-profit organization

**JURIPOP**

Confidential Address

**514 705-1637 Fax:** 514 845-1667

**Website:** [juripop.org/en](http://juripop.org/en)

**Email:** [info@juripop.org](mailto:info@juripop.org)

**Services:** Low-cost legal services. \* Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice. \* Aparté: resources against harassment and violence in the cultural environment [aparte.ca](http://aparte.ca) \* Legal assistance by phone for people living with cancer: questions in civil law (housing, contracts, and most day-to-day legal needs), business and family law (separation, child custody, alimony, etc.), as well as some questions in labour law. \* Personalized workshops and conferences.

**Eligibility:** people on a low income not eligible for legal assistance, non-profit organizations

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** regular members: \$20 per year, hourly rate of 65\$, membership for Incorporated Non-profits: 150\$ per year, hourly rate of 90\$, administrative fees: \$65

**Financing:** self-financing, fundraising, grants

**Legal status:** non-profit organization

## **MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE**

801 Brennan Street, 4th floor, Ville-Marie, Montréal, QC, H3C 0G4

311

**Website:** [montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale](http://montreal.ca/en/departments/service-de-la-diversite-et-de-linclusion-sociale)

**Email:** [diversitesociale@montreal.ca](mailto:diversitesociale@montreal.ca)

**Services:** \* Support and involvement with initiatives promoting ethnocultural diversity: fight against racism and discrimination, integration of immigrant people, intercultural relations. \* Commitment, partnerships and financial assistance in the fight against poverty and social exclusion. \* Consultation and support to local social development projects. \* Support to projects related to youth, family, equality between women and men, seniors and Indigenous people. \* Intervention, policies and programs to ensure urban safety and social integration of youth and homeless people. \* Tandem: support program for citizen action on urban safety in boroughs.

**Eligibility:** youth, families, seniors, Indigenous people, adults

**Coverage area:** Montréal

**Financing:** municipal

**Legal status:** municipal agency

## **RÉSEAU D'AUTODÉFENSE FÉMINISTE**

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

**Website:** [inclusionsport.org/about-3](http://inclusionsport.org/about-3)

**Email:** [reseau\\_autodefense\\_feministe@riseup.net](mailto:reseau_autodefense_feministe@riseup.net)

**Services:** A space dedicated to feminist self-defense by and for queer and feminist communities. \* Self-defense courses: 12-hour program. \* Cultural activities: screenings, reading circles. \* Various events surrounding feminist self-defense. \* Information and awareness-raising on gender-based violence.

**Eligibility:** trans, non-binary or two-spirit people, women

**Coverage area:** Montréal Island

**Hours:** variable, check social media

**Fees:** yearly membership: \$5, classes and activities: voluntary contribution

**Financing:** donations, membership fees

**Legal status:** non-profit organization

## **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL**

1432 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3G 1R3

**514 280-0120** Fax: 514 280-0620

**Website:** [spvm.qc.ca/en/pdq20](http://spvm.qc.ca/en/pdq20)

**Email:** [pdq20@spvm.qc.ca](mailto:pdq20@spvm.qc.ca)

**Services:** Peacekeeping, law enforcement and public security. \* Prevention and repression of crime and offences. \* Criminal record check-up. \* Loan of engravers to identify valuables. \* Sociocommunity sector, specialized units and awareness-raising. \* Supervised space for meeting and exchanging goods, for people with whom a transaction on online sales sites has been made.



**Eligibility:** citizens and residents of the neighbourhood

**Coverage area:** Ville-Marie West, Parc du Mont-Royal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL**

1669 Berri Street, Ville-Marie, Montréal, QC, H2L 4E9

**514 280-0121 Fax:** 514 280-0621

**Website:** [spvm.qc.ca/en/pdq21](http://spvm.qc.ca/en/pdq21)

**Email:** [pdq21@spvm.qc.ca](mailto:pdq21@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:** Ville-Marie East, Île Notre-Dame, Île Sainte-Hélène, Vieux-Montréal

**Hours:** 24 hours / 7 days

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD**

1200 Papineau Avenue, Ville-Marie, Montréal, QC, H2K 4R5

**514 280-0122 Fax:** 514 280-0622

**Website:** [spvm.qc.ca/en/pdq22](http://spvm.qc.ca/en/pdq22)

**Email:** [pdq22@spvm.qc.ca](mailto:pdq22@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:** Centre-Sud

**Hours:** Monday to Sunday 9h00 to 19h00

**Financing:** municipal, provincial

**Legal status:** municipal agency

### **YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

## Sexual assault and incest

### CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES

2422 De Maisonneuve Boulevard East, Ville-Marie, Montréal, QC, H2K 2E9

**514 524-3901** Fax: 514 524-2183

**Website:** ceaf-montreal.qc.ca

**Email:** info@ceaf-montreal.qc.ca

**Services:** \* Welcome, listening and referrals. \* Drop-in daycare during activities. \* Local and feminist action committees. \* Training on street harassment. \* Soup lunches. \* Self-defence courses. \* Meeting place and safe space. \* Outings, actions and special events: International Women's Rights Day, 12 Days of Action to End Violence against Women, Québec Women's Centres Week of Action, etc.

**Eligibility:** people who identify as women

**Capacity:** 50

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 17h00, soup lunches: Wednesday

**Fees:** none

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

### CLSC MÉTRO

1801 De Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1J9

**514 731-87531**

**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1165

**Services:** Frontline services for routine health and social services. \* Health insurance card authentication. \* Prenatal classes. \* Screening. \* Distribution of new injection material to people who use drugs (free service). \* Recovery of used needles and syringes. \* SIDEP - Integrated screening and prevention service for STIs. \* Flu vaccination.

**Coverage area:** Mont-Royal, Ville-Marie

**Hours:** Monday to Friday 8h00 to 17h00, tests centre: 7h30 to 11h35, nursing and psychosocial services: Monday to Friday 8h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

### CÔTÉ COUR

1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6

**514 868-9577 ext. 0**

**Website:** ciuiss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour

**Services:** \* Specialized assistance in domestic and family violence. \* Direct legal assistance. \* Psychosocial intervention, support, and listening. \* Referral to the appropriate resources. \* Information on the legal process, rights, and resources. \* Interpretation service. \* Two service points: Courthouse and Municipal Court of Montréal.

**Eligibility:** victims of domestic and familial violence whose case was judicialized in Montreal

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Suite 12.12, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 532-2822**

**Website:** [cavac.qc.ca/en/](http://cavac.qc.ca/en/)

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8

**1 866 532-2822**

**Website:** [cavac.qc.ca/en](http://cavac.qc.ca/en/)

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**JURIPOP**

Confidential Address

**514 705-1637 Fax:** 514 845-1667

**Website:** [juripop.org/en](http://juripop.org/en)

**Email:** [info@juripop.org](mailto:info@juripop.org)

**Services:** Low-cost legal services. \* Affordable legal services: representation in court, accompaniment in negotiation and mediation, drafting and revision of documents and legal advice. \* Aparté: resources against harassment and violence in the cultural environment [aparte.ca](http://aparte.ca) \* Legal assistance by phone for people living with cancer: questions in civil law (housing, contracts, and most day-to-day legal needs), business and family law (separation, child custody, alimony, etc.), as well as some questions in labour law. \* Personalized workshops and conferences.

**Eligibility:** people on a low income not eligible for legal assistance, non-profit organizations

**Coverage area:** province of Québec, legal representation: Montréal, Laval, Longueuil

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** regular members: \$20 per year, hourly rate of 65\$, membership for Incorporated Non-profits: 150\$ per year, hourly rate of 90\$, administrative fees: \$65

**Financing:** self-financing, fundraising, grants

**Legal status:** non-profit organization

## **MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** [muhc.ca/mgh](http://muhc.ca/mgh)

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## **MONTREAL SEXUAL ASSAULT CENTRE**

1801, boulevard De Maisonneuve Ouest, bureau 300, Ville-Marie, Montréal, QC, H3H 1J9

**514 933-9007** Fax: 514 933-4377

**Website:** [www.cvasm.org/en](http://www.cvasm.org/en)

**Email:** [info@cvasm.org](mailto:info@cvasm.org)

**Services:** \* Medical assessment and treatments. \* Information, accompaniment and referrals through police and legal procedures. \* Individual therapy.

**Eligibility:** Anyone 18 years of age or over who has been a victim of sexual assault during the past 12 months and their close ones.

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, campagnes de financement

**Legal status:** None or unknown

## **MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 244-6147**

**Website:** [communitasmontreal.org](http://communitasmontreal.org)

**Email:** [info@communitasmontreal.org](mailto:info@communitasmontreal.org)

**Services:** Restorative justice organization. \* Accompaniment and reintegration for people who have served time in prison. \* Circles of support and accountability: confidential support groups for people with a history of sexual offenses. \* Weekly Table talk and free lunch. \* Reintegration circles: support groups. \* Open door: weekly open gathering. \* Community building workshops bringing together victims, offenders and community. \* Person to person: in-prison visits for isolated inmates. \* Crime prevention.

**Eligibility:** people who have served time in prison, community

**Coverage area:** Greater Montreal

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### **ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** [info@opsq.org](mailto:info@opsq.org)

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \*

Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### **SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY**

680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8

**Website:** [www.sacomss.org](http://www.sacomss.org)

**Email:** [sacomss@gmail.com](mailto:sacomss@gmail.com)

**Services:** \* Weekly confidential support groups: for survivors, in English and French. \* Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. \* Advocacy: information, accompaniment.

**Eligibility:** survivors of sexual assault and their allies

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE**

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals.\* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**YWCA MONTRÉAL - YOUTH SERVICES**

1355 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3G 1T3

**514 866-9941 ext. 431**

**Website:** [www.ydesfemmesmtl.org/en](http://www.ydesfemmesmtl.org/en)

**Email:** [jeunesse@ydesfemmesmtl.org](mailto:jeunesse@ydesfemmesmtl.org)

**Services:** \* Research-action projects aimed at preventing violence and reducing social inequalities. \* Educational material and tools for people working with youth: animation guides, brochures, activity sheets, notebooks, games, films and videos. \* Awareness workshops for youth on varied topics: healthy relationships, consent, sexual exploitation, diversification of career choices, etc. \* Support for post-secondary schools in implementing their policy against sexual violence.

**Eligibility:** youth 12 to 20 years old, people working with youth 12 to 25 years old

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

**Support for perpetrators of violence and their families****CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL**

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

**1 833 673-2746**

**Website:** [www.crhmontreal.ca](http://www.crhmontreal.ca)

**Email:** [info@crhmontreal.ca](mailto:info@crhmontreal.ca)

**Services:** \* Reception, analysis and referral. \* Individual psychosocial intervention. \* Coffee-meetings: self-help groups. \* Theme groups: anger management, stress management, life review and life projects. \* Workshops: education and discussion on various topics. \* Living environment: leisure activities, men's outings, community meals.

**Eligibility:** men, people identifying themselves as men

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 18h00, activities: variable, including evenings

**Fees:** suggested contribution based on ability to pay

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

**DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE**

1435 Drummond Street, 6th floor, Ville-Marie, Montréal, QC, H3G 1W4

**514 849-8393 ext. 1725 Fax:** 514 849-9741

**Website:** [www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille](http://www.ymcaquebec.org/en/Community-Programs/Prevention-of-Social-Exclusion/Social-Reintegration-Service-Espadrille)

**Email:** [cjle@ymcaquebec.org](mailto:cjle@ymcaquebec.org)

**Services:** \* Support and accompaniment. \* On request workshops: parental skills, addiction, emotional health, judicial and correctional system, debt. \* Accompaniment to specialized community resources or for specific steps. \* Assistance with the recovery of identification cards. \* Program on managing emotions, addictions and anger management. \* Free access to YMCA sports installation for members.

**Eligibility:** adult males under provincial court sentence who are currently serving a provincial jurisdiction penalty in a detention centre or who are subject to a community judicial measure

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC**

3506 University Street, Ville-Marie, Montréal, QC, H3A 2A7

**514 398-2686**

**Website:** [www.mcgill.ca/dvc](http://www.mcgill.ca/dvc)

**Email:** [derrolj@hotmail.com](mailto:derrolj@hotmail.com)

**Services:** Domestic violence school based clinic. \* Individual, couple, family and group therapy by supervised McGill University students. \* Research in domestic violence.

**Eligibility:** people experiencing or perpetrating domestic violence, their partner, their family

**Coverage area:** Province of Québec

**Hours:** variable

**Financing:** provincial

**Legal status:** parapublic organization

**MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** [muhc.ca/mgh](http://muhc.ca/mgh)

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 244-6147**

**Website:** [communitasmontreal.org](http://communitasmontreal.org)

**Email:** [info@communitasmontreal.org](mailto:info@communitasmontreal.org)

**Services:** Restorative justice organization. \* Accompaniment and reintegration for people who have served time in prison. \* Circles of support and accountability: confidential support groups for people with a history of sexual offenses. \* Weekly Table talk and free lunch. \* Reintegration circles: support groups. \* Open door: weekly open gathering. \* Community building workshops bringing together victims, offenders and community. \* Person to person: in-prison visits for isolated inmates. \* Crime prevention.

**Eligibility:** people who have served time in prison, community

**Coverage area:** Greater Montreal

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** [info@opsq.org](mailto:info@opsq.org)

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \* Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

## UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals. \* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## Support for victims and their families

### COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE

360 Saint-Jacques Street, 2nd floor, Ville-Marie, Montréal, QC, H2Y 1P5

**1 800 361-6477**

**Website:** [www.cdpedj.qc.ca/en](http://www.cdpedj.qc.ca/en)

**Email:** [information@cdpedj.qc.ca](mailto:information@cdpedj.qc.ca)

**Services:** Application of the Charter of Human Rights and Freedoms. \* Reception of complaints related to discrimination and harassment as governed by the Charter and related to the exploitation of elderly or disabled persons. \* Protection of children's rights as defined by the Youth Protection Act and by the Youth Criminal Justice Act, investigation when rights seem to have been violated. \* Application of the Access to Equality in Employment Act in public organizations. \* Information sessions on rights and freedoms under the Charter of Rights and Freedoms, as well as on the rights of children under the Youth Protection Act.

**Eligibility:** people of all ages

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### CÔTÉ COUR

1 Notre-Dame Street East, Suite 6.10, Ville-Marie, Montréal, QC, H2Y 1B6

**514 868-9577 ext. 0**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour](http://ciusss-centresudmtl.gouv.qc.ca/propos/qui-sommes-nous/leadership-et-innovations/cote-cour)

**Services:** \* Specialized assistance in domestic and family violence. \* Direct legal assistance. \* Psychosocial intervention, support, and listening. \* Referral to the appropriate resources. \* Information on the legal process, rights, and resources. \* Interpretation service. \* Two service points: Courthouse and Municipal Court of Montréal.

**Eligibility:** victims of domestic and familial violence whose case was judicialized in Montreal

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30



**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE**

1 Notre-Dame Street East, Suite 12.12, Ville-Marie, Montréal, QC, H2Y 1B6

**1 866 532-2822**

**Website:** [cavac.qc.ca/en/](http://cavac.qc.ca/en/)

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

### **CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT**

775 Gosford Street, Ville-Marie, Montréal, QC, H2Y 1A8

**1 866 532-2822**

**Website:** [cavac.qc.ca/en](http://cavac.qc.ca/en/)

**Email:** [communication@cavacmontreal.qc.ca](mailto:communication@cavacmontreal.qc.ca)

**Services:** Confidential frontline services adapted to every step of the legal process. \* Needs assessment. \* Post-traumatic and psycho-judicial intervention. \* Information about rights and remedies and referral to specialized services. \* Assistance and technical help with various forms. \* Information about the legal process and preparation for testifying. \* Greeting of witnesses and accompaniment to court. \* Child Witness program: support and accompaniment for minor witnesses in the preparation of their testimony. \* Support group for parents of children who have been victims of sexual exploitation. \* Specialized support and services for victims of procuring and for relatives of people who have died as a result of a criminal act. \* Specialized support and services dedicated to Indigenous communities. \* Information programs for crime victims: INFOVAC-PLUS, CAVAC-INFO and CAVAC-INFO jeunesse. \* Police intervention and referral. \* PAJMA: accompaniment to court for seniors 65 years and over victims of ill-treatment.

**Eligibility:** people victims of crimes, their relatives, witnesses of a crime, regardless of the seriousness, nature and time of the crime committed, whether or not the perpetrator is identified, arrested, prosecuted or convicted

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ÉQUIJUSTICE**

460 Saint-Catherine Street West, Suite 412, Ville-Marie, Montréal, QC, H3B 1A6

**1 877 204-0250 Fax:** 514 522-5191

**Website:** [equijustice.ca/en](http://equijustice.ca/en)

**Email:** [info@equijustice.ca](mailto:info@equijustice.ca)

**Services:** Promotion of fair and accessible justice for all. \* Restorative justice, criminal mediation, citizen mediation, social mediation, specialized mediation. \* Mediation training. \* Parenthèse project at the Montréal courthouse: accompaniment and support for people considering a request for involuntary hospitalization. \*

Online members' directory: [equijustice.ca/en/find-an-equijustice](http://equijustice.ca/en/find-an-equijustice)

**Eligibility:** adults, families and teenagers, victims, offenders, general public

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial, contributions

**Legal status:** non-profit organization

**INDEMNISATION DES VICTIMES D'ACTES CRIMINELS**

1199 De Bleury Street, Ville-Marie, Montréal, QC, H3B 3J1

**1 800 561-4822 Fax:** 514 906-3029

**Website:** [www.ivac.qc.ca/en](http://www.ivac.qc.ca/en)

**Services:** Compensation for victims of crime and their rescuers. \* Medical assistance: hospital care, medication, prosthesis, etc. \* Compensation for temporary and permanent total disability. \* Compensation and psychotherapeutic rehabilitation service in case of death. \* Replacement of clothing, glasses, and payment for breakage of property. \* Financial assistance to help meet the needs of a child born as a result of sexual assault.

\* Social and professional rehabilitation services: psychotherapy, moving fees, protection fees, at-home assistance, etc. \* Online qualification application form for people 14 years and over victims of crime:

[www.ivac.qc.ca/en/Documents/F\\_255\\_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf](http://www.ivac.qc.ca/en/Documents/F_255_A-qualification-application-persons-aged-14-and-over-filling-out-their-own-application.pdf) \* Online qualification application form for minor and incapable people of full age victims of crime: [www.ivac.qc.ca/en/Documents/F\\_254\\_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf](http://www.ivac.qc.ca/en/Documents/F_254_A-qualification-application-for-minors-and-incapable-persons-of-full-age.pdf)

**Eligibility:** victims of crime, their rescuers

**Coverage area:** Province of Québec

**Hours:** Offices: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment only, telephone services: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 9h30 to 16h30

**Financing:** federal, provincial

**Legal status:** parapublic organization

**MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** [muhc.ca/mgh](http://muhc.ca/mgh)

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**MONTREAL SEXUAL ASSAULT CENTRE**

1801, boulevard De Maisonneuve Ouest, bureau 300, Ville-Marie, Montréal, QC, H3H 1J9

**514 933-9007 Fax:** 514 933-4377

**Website:** [www.cvasm.org/en](http://www.cvasm.org/en)

**Email:** [info@cvasm.org](mailto:info@cvasm.org)

**Services:** \* Medical assessment and treatments. \* Information, accompaniment and referrals through police and legal procedures. \* Individual therapy.

**Eligibility:** Anyone 18 years of age or over who has been a victim of sexual assault during the past 12 months and their close ones.

**Coverage area:** Montréal Island

**Hours:** 24 hours / 7 days

**Financing:** provincial, campagnes de financement

**Legal status:** None or unknown

**MOUVEMENT COMMUNITAS**

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

**514 244-6147**

**Website:** [communitasmontreal.org](http://communitasmontreal.org)

**Email:** [info@communitasmontreal.org](mailto:info@communitasmontreal.org)

**Services:** Restorative justice organization. \* Accompaniment and reintegration for people who have served time in prison. \* Circles of support and accountability: confidential support groups for people with a history of sexual offenses. \* Weekly Table talk and free lunch. \* Reintegration circles: support groups. \* Open door: weekly open gathering. \* Community building workshops bringing together victims, offenders and community. \* Person to person: in-prison visits for isolated inmates. \* Crime prevention.

**Eligibility:** people who have served time in prison, community

**Coverage area:** Greater Montreal

**Hours:** open door: Tuesday 19h00 to 21h00, table talk: Friday 12h00 to 14h00, support: Monday to Friday 9h00 to 20h00

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

**SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)**

200 René-Lévesque Boulevard West, Suite 034, Ville-Marie, Montréal, QC, H2Z 1X4

**1 800 622-6232 TTY:** 1 800 926-9105

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Gateway to federal government services. All Canadians \* Find a Service Canada office: [www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng) \* Benefits finder: [www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html) \* Job bulletin board: [www.jobbank.gc.ca/jobsearch/jobsearch](http://www.jobbank.gc.ca/jobsearch/jobsearch) \* Social Insurance Number (SIN) application. \* Passport application. \* Complaints office. \* Fraud prevention and reporting. Workers and businesses \* Employment insurance, sickness benefits and regular benefits. \* Special employment insurance benefits for parents of seriously ill children. \* Canada Summer Jobs (CSJ) for youth and students. \* Employment assistance: labour market information, training, etc. \* Record of employment. \* Wage Earner Protection Program. \* State pensions and savings schemes. \* Online information for businesses: business start-ups, workplace standards, etc. Veterans Affairs Canada \* Support and services related to mental and physical health. \* Education and employment: finding a job, returning to school, etc. \* Financial programs and services: income support, emergency financial assistance, etc. \* Housing and family life support. Immigration and citizenship \* Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. \* Assessment of credentials. \* Find free newcomer services near you: [ircc.canada.ca/english/newcomers/services](http://ircc.canada.ca/english/newcomers/services) Seniors \* Canada Pension Plan retirement benefits. \* International benefits. \* Allowance and Allowance for the Survivor programs. \* Guaranteed Income Supplement. \* Old Age Security.

**Eligibility:** general public

**Coverage area:** Downtown

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** parking: free

**Financing:** federal

**Legal status:** federal government agency

### **SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY**

680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8

**Website:** [www.sacomss.org](http://www.sacomss.org)

**Email:** [sacomss@gmail.com](mailto:sacomss@gmail.com)

**Services:** \* Weekly confidential support groups: for survivors, in English and French. \* Drop-In and helpline (DIAL): in English, referrals to other Montréal services, including sexual health clinics, counseling services, and sexual rights organizations. \* Advocacy: information, accompaniment.

**Eligibility:** survivors of sexual assault and their allies

**Coverage area:** Greater Montréal

**Hours:** variable

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

### **STELLA, L'AMIE DE MAIMIE**

2065 Parthenais Street, Suite 404, Ville-Marie, Montréal, QC, H2K 3T1

**514 285-1599 Fax:** 514 285-2465

**Website:** [www.chezstella.org](http://www.chezstella.org)

**Email:** [info@chezstella.org](mailto:info@chezstella.org)

**Services:** Support for sex workers. \* Information and referral. \* Helpline. \* Accompaniment. \* Street workers. \* Outreach with incarcerated women. \* Distribution of needles and condoms. \* Bad client list and support in case of violence. \* Sociocultural and educational activities. \* Monthly dinner. \* Collective action. \* Advocacy. \* Medical clinic for women working in the sex industry. \* Naloxone kits distribution. \* Distribution and delivery of fentanyl test strips.

**Eligibility:** sex workers and ex-workers

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday, Thursday and Friday 11h00 to 17h00, street work: variable, medical clinic: Tuesday 17h30, dinner: last Wednesday of the month

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **WAR AMPS (THE)**

606 Cathcart Street, Suite 530, Ville-Marie, Montréal, QC, H3B 1K9

**1 800 250-3030 Fax:** 1 877 600-6212

**Website:** [www.waramps.ca](http://www.waramps.ca)

**Email:** [customerservice@waramps.ca](mailto:customerservice@waramps.ca)

**Services:** Financial and moral support.

**Eligibility:** children, adults and veteran amputees

**Coverage area:** Canada

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

## Therapy and counselling

### AIDE AUX TRANS DU QUÉBEC

2240 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N9

**1 855 909-9038 ext. 1**

**Website:** [aideauxtrans.com/fr](http://aideauxtrans.com/fr)

**Email:** [info@aideauxtrans.com](mailto:info@aideauxtrans.com)

**Services:** Support \* Listening, information, and referral helpline. \* Individual appointment: accompaniment, active listening, information. \* Discussion groups by videoconference. \* Emergency Aid Program: pharmacy gift cards to pay for hormone replacement therapy and grocery store gift cards. Socialization \* Place for meeting and discussion. \* Monthly social activity in Montréal. Awareness \* Conferences, training, awareness and demystification.

**Eligibility:** trans people, people questioning their gender, their close ones

**Coverage area:** Province of Québec

**Hours:** helpline: Monday to Sunday 9h00 to 21h00, discussion groups by videoconference: Tuesday and Wednesday evenings

**Fees:** none

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

### AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL

1015 Robin Street, Ville-Marie, Montréal, QC, H2L 1W2

**438 832-2270**

**Website:** [ciusss-centresudmtl.gouv.qc.ca/aire-ouverte](http://ciusss-centresudmtl.gouv.qc.ca/aire-ouverte)

**Email:** [aireouverte.ccsmtl@ssss.gouv.qc.ca](mailto:aireouverte.ccsmtl@ssss.gouv.qc.ca)

**Services:** Varied confidential services for youth 12 to 25 years old, with or without an appointment. \* Psychosocial support on a variety of subject: relationship difficulties, mental health, alcohol, drugs, gambling, housing, employment, studies, etc. \* Sexual health clinic: contraception, screening for sexually transmitted and blood infections, gender identity and sexual orientation, etc. \* Accompaniment to community and CIUSSS resources.

**Eligibility:** people 12 to 25 years old

**Coverage area:** Centre-Sud, Le Sud-Ouest, Verdun

**Hours:** by appointment: Monday and Friday 9h00 to 17h00, without appointment: Tuesday and Thursday 17h00 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

### ALLAN MEMORIAL INSTITUTE

1025 des Pins Avenue West, Ville-Marie, Montréal, QC, H3A 1A1

**514 934-1934 ext. 31798**

**Website:** [muhc.ca](http://muhc.ca)

**Services:** Psychiatric day hospital. \* Individual and group therapy. \* External psychological services.

**Capacity:** 31 beds

**Coverage area:** Montréal Island

**Financing:** provincial

**Legal status:** parapublic organization

**ARBORESCENCE**

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2

**514 524-7131**

**Website:** [www.arborescence.quebec/en](http://www.arborescence.quebec/en)

**Email:** [accueil@arborescence.quebec](mailto:accueil@arborescence.quebec)

**Services:** Support for close ones of people living with a mental health disorder. \* Listening and referral line. \* Support groups. \* One-on-one, couple and family counselling. \* Conferences and psychoeducational workshops. \* Special projects. \* Services for teens: assistance services via text messaging, chat and social media platforms, individual face-to-face support services, dramatherapy. \* Online training services. \* Services for caregivers of seniors: individual and group services. \* Accompaniment services offered by family peer helpers. \* Services for businesses, public organizations and community organizations.

**Eligibility:** parents, friends, caregivers and close ones of adults living with a mental health problem, in the various spheres of their life (professional and personal)

**Capacity:** support group: 5 to 8 people

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Financing:** Centraide of Greater Montréal, donations, foundations, provincial

**Legal status:** non-profit organization

**CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI**

1265 Berri Street, 4th floor, Suite 400, Ville-Marie, Montréal, QC, H2L 4X4

**438 796-8701**

**Website:** [halte-ami.ca](http://halte-ami.ca)

**Email:** [centre\\_ecoute@halte-ami.ca](mailto:centre_ecoute@halte-ami.ca)

**Services:** Psychosocial support and integration. \* Information and referral. \* Anonymous and confidential listening in person or by phone. \* Psychosocial prevention and awareness activities on various issues. \* Integration assistance: French conversation workshops, intercultural roundtables, thematic workshops and assistance with various administrative procedures. \* Language pairing between two people who want to learn each other's language. \* Administration of oath. \* Volunteer and internship opportunities.

**Eligibility:** listening, referral, language pairing and oath: open to all, integration: newcomers, immigrants

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** oath: variable

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

**CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL**

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

**1 833 673-2746**

**Website:** [www.crhmontreal.ca](http://www.crhmontreal.ca)

**Email:** [info@crhmontreal.ca](mailto:info@crhmontreal.ca)

**Services:** \* Reception, analysis and referral. \* Individual psychosocial intervention. \* Coffee-meetings: self-help groups. \* Theme groups: anger management, stress management, life review and life projects. \* Workshops: education and discussion on various topics. \* Living environment: leisure activities, men's outings, community meals.

**Eligibility:** men, people identifying themselves as men

**Coverage area:** Greater Montréal

**Hours:** administration: Monday to Friday 9h00 to 18h00, activities: variable, including evenings

**Fees:** suggested contribution based on ability to pay

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

**CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM**

200 Sherbrooke Street West, Ville-Marie, Montréal, QC, H2X 3P2

**514 987-0253** Fax: 514 987-6746

**Website:** [psychologie.uqam.ca/centre-de-services-psychologiques-csp](http://psychologie.uqam.ca/centre-de-services-psychologiques-csp)

**Services:** Training centre for the professional practice of psychology. \* Individual or couple counselling by doctoral students in psychology in clinical training, closely supervised by our teachers and qualified psychologists who are members of the Ordre des psychologues du Québec. \* Assessment and psychotherapy services for children, teens and adults. \* Treatment of problems: adjustment difficulties, anxiety, depression, academic problems, relationship difficulties, bereavement, etc. \* Assessment of ADHD, after-effects of traumatic brain injury, Alzheimer's, intellectual disabilities, etc.

**Eligibility:** general public

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, students: \$15, organizations and couples: \$30, external clients: 20 to \$30, depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

**CENTRE DE SOIR DENISE-MASSÉ**

1713 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 525-8059** Fax: 514 525-9346

**Website:** [www.denise-masse.org](http://www.denise-masse.org)

**Email:** [direction@denise-masse.org](mailto:direction@denise-masse.org)

**Services:** Place of reception and social reintegration in mental health. \* Reception, active listening, referral, individual and group support. \* Support and accompaniment for people participating in employability programs. \* Program of workshops and social, educational, cultural, sports and creative activities. \* Support for people living with compulsive hoarding disorder: in-home decluttering and action groups. \* Open discussion group for voice-hearers. \* Christmas dinner and evening. \* Summer camps.

**Eligibility:** adults living with mental health, social disorganization or homelessness issues

**Capacity:** 70 people

**Coverage area:** Montréal Island and surroundings, support for people living with compulsive hoarding disorder: between Mont-Royal Avenue to the north and Viger Avenue to the south, Frontenac Street to the east and Saint-Urbain Street to the west

**Hours:** Thursday to Sunday 17h00 to 22h00, administration: Monday to Friday 9h00 to 17h00

**Fees:** free membership card, discount card for activities: \$10 per year

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

**CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - CLINIQUE JAP**

1051 Sanguinet Street, Pavillon C, 11th floor, Ville-Marie, Montréal, QC, H2X 3E4

**514 890-8242** Fax: 514 412-7415

**Website:** [premierepisode.ca/clinique-jap](http://premierepisode.ca/clinique-jap)

**Services:** Specialized clinic for young adults aged 18 to 35 with affective or non-affective psychosis as main diagnosis. \* Specialized treatment. \* Early and intensive care. \* Training and education.

**Eligibility:** young adults aged 18 to 35 with affective or non-affective psychosis as main diagnosis, never treated or treated for less than one year for psychosis

**Coverage area:** CSSS Jeanne-Mance and Coeur-de-l'Île sectors (postal codes starting with H2H, H2K, H2L, H2T, H2V, H2W, H2X, H2Y, H2Z, H3B, H5B ou H2J)

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

**Fees:** none

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE ST-PIERRE**

1212 Panet Street, Ville-Marie, Montréal, QC, H2L 2Y7

**514 524-3561 Fax:** 514 524-5663

**Website:** www.centrestpierre.org

**Email:** info@centrestpierre.org

**Services:** Popular education, training and social intervention centre. \* Community organization, animation and conferences. \* Multiple services for community groups, collective enterprises, unions and institutions. \* Psychosocial intervention, psychotherapy, personal growth and spiritual renewal. \* Family mediation. \* Meeting place. \* Room rental.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** 7h30 to 22h30, 7 days

**Financing:** self-financing, grants, donations

**Legal status:** non-profit organization

**CHEZ DORIS, WOMEN'S SHELTER FOUNDATION**

1430 Chomedey Street, Ville-Marie, Montréal, QC, H3H 2A7

**514 937-2341 ext. 221 Fax:** 514 937-2417

**Website:** www.chezdoris.org/en

**Email:** info@chezdoris.org

**Services:** \* Day centre: free breakfast, lunch and dinners, hygiene products, clothing and showers, rest area including respite beds. \* Elspeth McConnell night shelter. \* Recreational and educational programs. \* Indigenous and non-Indigenous artisanal workshops. \* Services of a doctor, foot-care nurse, psychiatrist, psychologist, art therapist, massage therapist and yoga instructor. \* Financial administration program: budget management assistance, account payments, cheques management. \* Assistance program for Inuit women and Indigenous women. \* Housing placement for women and children and assistance with home furniture. \* Legal clinic: information and assistance on family law, criminal law and tenant rights, provided by law students supervised by a law professor. \* On-site seasonal clothing recovery. \* Tax clinic during the intensive period.

**Eligibility:** women experiencing homelessness or in difficulty, Inuit and Indigenous women

**Capacity:** breakfast: 50, lunch: 100, dinner: 60 people at a time, respite beds: 10

**Coverage area:** Montréal Island

**Hours:** Monday to Sunday 8h00 to 18h00, breakfast: 8h30 to 10h30, lunch: 12h00 to 13h00, diner: 17h00 to 18h00

**Fees:** none

**Financing:** municipal, provincial, federal, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

**CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE**

2238 Fullum Street, Ville-Marie, Montréal, QC, H2K 3N7

**438 525-1856**

**Website:** chezemiliemep.wordpress.com

**Email:** chezemilie2106@hotmail.ca

**Services:** Food \* Food bank twice a month. \* Free breakfast on Tuesday morning. Intervention \* Living environment, reception, active listening, accompaniment, referrals. \* Individual, group and family psychosocial interventions. Conferences and workshops \* Popular education workshops and information evenings on various subjects. Christmas activities \* Christmas baskets. \* Christmas party with gift distribution for kids. Other \* Sociocultural activities. \* Women's evenings with social themes. \* Possibility to get involved as a volunteer.

**Eligibility:** families, individuals, seniors

**Coverage area:** Centre-Sud

**Hours:** Monday to Thursday 9h00 to 16h30, free breakfast: Tuesday 9h00 to 11h00, occasional events: see programming

**Fees:** annual membership: \$10, activities: variable



**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

### CHINESE FAMILY SERVICE OF GREATER MONTRÉAL

1088 Clark Street, 3rd floor, Ville-Marie, Montréal, QC, H2Z 1C1

**514 861-5244 Fax:** 514 861-9008

**Website:** [www.famillechinoise.qc.ca](http://www.famillechinoise.qc.ca)

**Email:** [direction@famillechinoise.qc.ca](mailto:direction@famillechinoise.qc.ca)

**Services:** Services to Asian and Chinese community members. Immigrants \* Reception and settlement assistance for newcomers. \* Part-time French classes. \* Employability programs. \* Individual and family psychosocial support. \* Assistance and guidance program on gambling addiction. Rights \* Information on youth protection and laws. \* True copies and certification of documents. \* Domestic violence prevention program. Seniors \* Man Sau Centre. \* Friendly visits. \* Interpretation during medical appointments. \* Abuse prevention. Community \* Information sessions and social activities. \* Collective sports activities. \* Intercultural activities. \* Women's committee.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 17h00, information sessions: Saturday 9h00 to 12h30 and 13h30 to 17h00

**Fees:** fees for non-eligible people (people under 65 years old or established for 5 years and more)

**Financing:** provincial, self-financing, federal

**Legal status:** non-profit organization

### COMITÉ SOCIAL CENTRE-SUD

1710 Beaudry Street, Ville-Marie, Montréal, QC, H2L 3E7

**514 596-7092 Fax:** 514 596-7093

**Website:** [comitesocialcentresud.wordpress.com](http://comitesocialcentresud.wordpress.com)

**Email:** [direction@comite.social](mailto:direction@comite.social)

**Services:** Popular education. \* Community cafeteria: on-site lunches. \* Collective kitchen. \* Thrift store. \* Intervention: listening and reference. \* Cultural, recreational and group activities and outings. \* Free and directed art workshops. \* Workshops on creative writing discovery, theater, politics, citizen participation and film discussion. \* Computer room. \* Tax clinic. \* Meeting room rental for a capacity of 30 to 200 people.

**Coverage area:** Centre-Sud

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** membership card: \$5, meal: \$3.50 for members, \$5 for non-members

**Financing:** provincial, federal

**Legal status:** non-profit organization

### COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL

1 Notre-Dame Street East, Ville-Marie, Montréal, QC, H2Y 1B6

**514 393-2329 Fax:** 514 873-4760

**Website:** [www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal](http://www.justice.gouv.qc.ca/en/nous-joindre/find-a-courthouse/palais-de-justice-de-montreal)

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$100 000. \* Hearing of some cases regarding municipal and school affairs. \* Hearing of requests for psychiatric evaluation: administration of judgments in matter of provisional and authorized custody for or following psychiatric assessment. \* Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. \* Voluntary deposit.

**Coverage area:** Montréal Island

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

**DANS LA RUE - CHEZ POPS**

1662 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1S7

**1 888 520-7677**

**Website:** danslarue.org/en/

**Email:** centredejour@danslarue.org

**Services:** Day centre. \* Cafeteria. \* Housing search assistance. \* Health care, legal and psychosocial counselling. \* Donation of clothing, hygiene products and blankets. \* Artistic and musical workshops with a music therapist. \* Socioeconomic integration, family support and tutoring programs. \* Computer room. \* Alternative school. \* Pets clinic.

**Eligibility:** homeless people 12 to 25 years old, with or without pets

**Coverage area:** Montréal Island

**Hours:** Monday to Wednesday 9h00 to 16h00, Thursday and Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**EN MARGE 12-17 - VOLET PARENT**

Confidential Address

**514 849-5632 Fax:** 514 849-7292

**Website:** www.enmarge1217.ca

**Email:** parents@enmarge1217.ca

**Services:** \* Telephone counselling for parents and close ones. \* Family or parent meetings with a counsellor. \* Monthly information meetings on running away and the streets: workshops, support groups. \* Training for community workers.

**Eligibility:** parents and close ones of youth 12 to 17 years old, runaways or at risk, in the street or involved in street activities, youth or family community workers

**Capacity:** support groups and training: 4 to 10 participants

**Coverage area:** Greater Montréal

**Hours:** helpline: 24 hours / 7 days, meetings: by appointment

**Fees:** none

**Financing:** self-financing, donations, provincial

**Legal status:** non-profit organization

**ENTRAIDE BÉNÉVOLE MÉTRO**

1801 de Maisonneuve Boulevard West, Suite 750, Ville-Marie, Montréal, QC, H3H 1J9

**514 939-9575 Fax:** 514 934-3776

**Website:** ebmservices.org

**Email:** ebmmetro@vif.com

**Services:** \* Daily security phone calls. \* Friendly visits and walks or friendly calls. \* Grocery shopping done by volunteers for or with users. \* Medical and nonmedical accompaniments. \* Technical help. \* Music therapy. \* Art expression. \* Taxi program for people using the medical accompaniment service. \* Tax clinic for seniors 60 years old and over on a low income.

**Eligibility:** seniors 60 years and over with a loss of autonomy

**Coverage area:** downtown West and part of Westmount, from des Pins Avenue to René-Lévesque Boulevard and from Claremont Avenue to Saint-Laurent Boulevard, postal codes H3Y, H3Z, H3H, H3A, H3G and part of H2X

**Hours:** Monday to Friday 8h30 to 16h30, daily security calls: Monday to Friday

**Fees:** none

**Financing:** provincial, donations, federal

**Legal status:** non-profit organization

**FACE À FACE LISTENING AND INTERVENTION CENTRE**

1857 De Maisonneuve Boulevard West, Suite 100, Ville-Marie, Montréal, QC, H3H 1J9

**514 934-4546 Fax:** 514 934-0063

**Website:** faceafacemontreal.org

**Email:** info@faceafacemontreal.org

**Services:** \* Active listening and support over the phone and in person. \* Individual counselling. \* Information and distribution of welfare checks. \* Information on housing search, low-cost housing and the area's shelters. \* Housing search for people who do not have access to the Internet. \* Reception of mail and telephone messages, proof of address for homeless people. \* Internet and telephone access. \* Support in obtaining the health insurance card for people experiencing homelessness who attend the agency and whose identity can be confirmed by the agency. \* Accompaniment to medical appointments, appointments with other organizations, apartment visits, procedures to apply for social housing, etc.

**Eligibility:** people in search of housing, people experiencing or at risk of experiencing homelessness, people living with mental health problems with or without addiction issues, people who are lonely and isolated

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday, Thursday and Friday 9h00 to 17h00, last week of the month: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**FONDATION PALLIAMI**

1560 Sherbrooke Street East, Suite A-3007, Ville-Marie, Montréal, QC, H2L 4K4

**514 413-8777 ext. 127434 Fax:** 514 760-1095

**Website:** palliami.org

**Email:** lleblond@palliami.org

**Services:** Notre-Dame Hospital palliative care unit. \* Moral support to patients and their families. \* Bereavement follow-up. \* in-person or virtual support group for bereaved people. \* Volunteers accompaniment. \* Massage therapy. \* Public writer. \* Piano. \* Zootherapy.

**Eligibility:** people with a terminal illness, their families

**Capacity:** 10 beds

**Coverage area:** Montréal Island

**Hours:** 7 days, 7h30 to 21h00

**Fees:** none

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES**

1223 Ontario Street East, Ville-Marie, Montréal, QC, H2L 1R5

**514 523-0979 Fax:** 514 523-3075

**Website:** geipsi.ca

**Email:** info@geipsi.ca

**Services:** Day centre. \* Individual and one-time support. \* Intervention and referrals by phone. \* Accompaniment, assistance with procedures and individual meetings with a counsellor. \* Peer support. \* Closed support group for members only. \* Sexology service. \* Housing project and external support. \* Activities and outings. \* Community meal. \* Needle exchange, condom distribution. \* Winter and summer camps. \* Thematic workshops once per month.

**Eligibility:** adults living with HIV or HCV, with drug addictions or homeless

**Capacity:** 150 participants

**Coverage area:** Montréal Island

**Hours:** Monday, Wednesday and Thursday 9h00 to 16h00, Tuesday 9h00 to 13h00, community meal: every last Monday of the month 11h30

**Financing:** donations, foundations, federal, provincial

**Legal status:** non-profit organization

### HELPING HAND FOR BURN SURVIVORS

1745 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 527-7555**

**Website:** [www.entraidegb.org](http://www.entraidegb.org)

**Email:** [dg@entraidegb.org](mailto:dg@entraidegb.org)

**Services:** \* Peer pairing support program reuniting a recent burn victim and a survivor who has lived through the ordeal. \* Individual interventions. \* 1-week summer camp for children 7 to 17 years. \* Financial support for burn victims. \* School and work reintegration. \* Temporary lodging for victims and their families, relocation service after hospitalization. \* Tattooing and permanent makeup. \* Massage therapy sessions. \* Individual psychological support.

**Eligibility:** children and adults victims of severe burns and their families, in times of hospitalization or when returning to their living environment

**Coverage area:** West of the Province of Québec, up to Trois-Rivières

**Hours:** Monday to Friday 9h00 to 17h00, on appointment

**Fees:** none

**Financing:** donations, grants

**Legal status:** non-profit organization

### INTERLIGNE

Confidential Address

**514 866-0103**

**Website:** [interligne.co/en](http://interligne.co/en)

**Email:** [aide@interligne.co](mailto:aide@interligne.co)

**Services:** Support for the LGBTQ community and people interested in sexual orientation or gender issues. \* Phone listening. \* Help by chat, text messaging and email. \* Referral towards community, commercial and professional resources sensitive to LGBTQ issues. \* AGIS: start-up support service for sexual and gender diversity committees in secondary schools and youth circles. \* Alix: registry and anonymous report of violence acts [alix.interligne.co/en](http://alix.interligne.co/en) \* Various workshops in workplaces and schools.

**Eligibility:** gay, lesbian, bisexual, trans and questioning people, people interested in sexual orientation or gender identities

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** federal, provincial, municipal

**Legal status:** non-profit organization

### JEUNESSE LAMBDA

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

**514 543-6343**

**Website:** [www.jeunesselambda.com](http://www.jeunesselambda.com)

**Email:** [info@jeunesselambda.com](mailto:info@jeunesselambda.com)

**Services:** \* Bilingual discussion and activity group by and for 2SLGBTQIA+ youth. \* Accessibility services for gender affirmation articles. \* Oaths for name and gender change requests. \* Individual intervention. \* Collective wardrobe: clothing donations.

**Eligibility:** 2SLGBTQIA+ people 14 to 30 years old

**Coverage area:** Montréal Island

**Hours:** workshops and discussions: Tuesday 16h00 to 19h00, Friday 16h00 to 21h00, Saturday 12h00 to 18h00

**Fees:** none

**Financing:** provincial, donations, foundations

**Legal status:** non-profit organization

**MAISON ST-JACQUES**

1629 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Z1

**514 526-4132**

**Website:** maisonstjacques.com

**Email:** info@maisonstjacques.com

**Services:** Specialized mental health treatment alternative resource. \* Group psychotherapy.

**Eligibility:** adults 18 to 50 years old living with mental health problems, emotional suffering, borderline personality disorders, anxiety disorders (panic, agoraphobia, etc.), adjustment disorders, bipolar or depressive disorders

**Capacity:** 8 persons per group maximum, 6 groups

**Coverage area:** Greater Montréal

**Hours:** office: Monday to Thursday 9h00 to 17h00, therapy: day or evening, twice a week

**Fees:** none

**Financing:** provincial

**Legal status:** Nonprofit - Incorporated

**MONTRÉAL GENERAL HOSPITAL**

1650 Cedar Avenue, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934**

**Website:** muhc.ca/mgh

**Services:** Hospital offering general and specialized care. \* Emergency. \* Sexual orientation centre: short-term psychotherapy for individuals, groups, couples and families experiencing difficulties related to sexual orientation, as well as their close ones. \* Human sexuality unit: consultation relative to pedophilia, sexual assault, transsexuality and sexual dysfunction. \* Designated centre for victims of sexual assault. \* Pain clinic. \* Urgent dental care. \* Detoxification.

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**MONTREAL GENERAL HOSPITAL - MCGILL UNIVERSITY SEXUAL IDENTITY CENTRE**

1650 avenue Cedar Avenue, Room A2-160, Ville-Marie, Montréal, QC, H3G 1A4

**514 934-1934 ext. 42365** Fax: 514 934-8471

**Website:** <https://muhc.ca/mental-health/music>

**Email:** music@muhc.mcgill.ca

**Services:** Outpatient psychiatric clinic offering mental health support related to sexual orientation or gender identity. \* Initial consultation to identify needs. \* Short-term individual psychotherapy. \* Couple or family therapy. \* Group workshops: parents of trans and non-binary people, trauma in the LGBTQ+ community, gender realization, etc. \* Online referral form: [click here](#)

**Eligibility:** adults, families, couples

**Coverage area:** Montréal Island

**Fees:** variable, some services are covered by medicare

**Financing:** provincial

**Legal status:** parapublic organization

**ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC**

1200 Papineau Avenue, Suite 450, Ville-Marie, Montréal, QC, H2K 4R5

**1 855 386-6777**

**Website:** [www.opsq.org](http://www.opsq.org)

**Email:** info@opsq.org

**Services:** Professional order. \* Directory of sexologists: [click here](#) \* Online complaint form: [click here](#) \* Continuous education program and licensing of sexologists. \* Evaluation, control and monitoring of members' professional activities.

**Eligibility:** general public, sexologists

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, make an appointment before going to the site

**Fees:** sexologists: annual membership

**Financing:** membership fees, self-financing

**Legal status:** non-profit organization

### QUEBEC CANCER FOUNDATION

2075 de Champlain Street, Ville-Marie, Montréal, QC, H2L 2T1

**1 800 363-0063 Fax:** 514 527-1943

**Website:** cancerquebec.ca/en

**Email:** cancerquebec.mtl@fqc.qc.ca

**Services:** Support for people affected by cancer. \* Information: Info-Cancer hotline, Info-Cancer Library. \* Telephone peer matching. \* Support activities and groups. \* Art therapy. \* Physical wellness: massage therapy, kinesiology and yoga classes. \* Loan of wigs. \* Daily living aids program: financial assistance. \* Legal assistance in collaboration with JURIPOP. \* Support services and activities: acupuncture, guided meditation, webinars. \* Housing centres. \* Programme à Félix: support for 15-39 year living with cancer and their relatives.

**Eligibility:** people living with cancer, their relatives, financial and legal assistance: people living with cancer and on a low income

**Capacity:** 190 beds in total

**Coverage area:** Province of Québec

**Hours:** 7 days, 9h00 to 17h00, Info-cancer hotline: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### ST-JAMES DROP-IN CENTRE

1442 Panet Street, Ville-Marie, Montréal, QC, H2L 2Z1

**514 288-0039 Fax:** 514 529-0090

**Website:** stjamescentre.ca

**Email:** info@stjamescentre.ca

**Services:** \* Day centre: socialization place, access to a phone line, recreational and artistic activities. \* Clothing exchange service, showers and meals. \* Psychosocial services, reintegration process accompaniment and employment training program. \* Referrals.

**Eligibility:** homeless people living with mental health issues, marginalized or vulnerable people

**Capacity:** 40 persons per day, 250 members in all

**Coverage area:** Greater Montréal

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** food bags: \$5 per month (maximum of 4)

**Financing:** donations, provincial, self-financing

**Legal status:** non-profit organization

### TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISION

500 René-Lévesque Boulevard West, 21st Floor, Ville-Marie, Montréal, QC, H2Z 1W7

**1 800 567-0278 Fax:** 514 873-8288

**Website:** www.ta.q.gouv.qc.ca/en/filing-a-proceeding/review-board-for-mental-disorders-rbmd

**Email:** tribunal.administratif@taq.gouv.qc.ca

**Services:** Social affairs section sub-division. Review Board for mental disorder \* Evaluates the files of people charged with a criminal offence and found not responsible or unfit to stand trial by a criminal court. \* Assess the risk to public safety. \* Rules on the release or detention of individuals and assesses their mental health on an annual basis. Persons confined in a hospital \* Rules on cases concerning the Act respecting the protection of persons whose mental state presents a danger to themselves or to others.

**Eligibility:** people living with a mental health issue who received a verdict of unfit to stand trial, or a verdict of not criminally responsible on account of mental disorder from a criminal court

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 16h30, closed on public holidays

**Financing:** provincial

**Legal status:** parapublic organization

## **UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE**

455 René-Lévesque Boulevard East, Suite W-R540, Ville-Marie, Montréal, QC, H2L 4Y2

**514 987-3000 ext. 4453**

**Website:** [sexologie.uqam.ca/clinique-de-sexologie](http://sexologie.uqam.ca/clinique-de-sexologie)

**Email:** [clinique.sexologie@uqam.ca](mailto:clinique.sexologie@uqam.ca)

**Services:** University sexology training clinic whose services are provided by student trainees supervised by professionals.\* Individual or couple psychotherapy for sexual or relationship difficulties. \* Accompaniment and support for sexual or relational difficulties.

**Eligibility:** people 18 years and over

**Coverage area:** Greater Montréal

**Hours:** September to May, Monday to Friday 8h00 to 21h00, by appointment

**Fees:** individual or couple psychotherapy: between 20 to 70\$ depending on income, accompaniment and support: between 15 and \$40 depending on income

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

Alphabetical Index  
**Alphabetical Index**

ACADEMOS CYBERMENTORAT	131
ACCUEIL BONNEAU	581
ACCUEIL BONNEAU - LE CHRISTIN	311
ACCUEIL BONNEAU - MAISON CLAIRE-MÉNARD	311
ACCUEIL BONNEAU - USED ITEMS RECOVERY	197
ACTION CENTRE-VILLE	543
ACTION CENTRE-VILLE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ	506
ACTION FEMMES ET HANDICAP	391
ACTION MÉDIATION	425
ACTION RÉFUGIÉS MONTRÉAL	455
ACTION SANTÉ TRAVESTI(E)S ET TRANSSEXUEL(LE)S DU QUÉBEC	525
ADRIANNA ESPACE COLLECTIF	346
AFGHAN WOMEN'S CENTRE OF MONTREAL	573
AIDE AUX TRANS DU QUÉBEC	615
AIDS COMMUNITY CARE MONTREAL	465
AIRE OUVERTE DU SUD-OUEST-VERDUN ET CENTRE-SUD DE L'ÎLE DE MONTRÉAL	616
ALIMA, PERINATAL SOCIAL NUTRITION CENTRE	273
ALLAN MEMORIAL INSTITUTE	616
ALLIANCE CHORALE DU QUÉBEC	537
ALLOPROF	131
ALTERHÉROS	525
AMICALE DES DIABÉTIQUES DU CHUM	573
AMNESTY INTERNATIONAL - FRENCH CANADIAN SECTION	392
APPARTEMENTS DU VIEUX-PORT (LES)	511
APPARTENANCES (LES)	319
APPUI PROCHES AIDANTS	41
ARBORESCENCE	616
ARCG - AÎNÉS ET RETRAITÉS DE LA COMMUNAUTÉ GAIE	560
ARCHDIOCESE OF MONTRÉAL	544
ARTHRITIS SOCIETY CANADA - QUEBEC REGION	262
ASSOCIATION D'ORTHOPÉDIE DU QUÉBEC	442
ASSOCIATION DE PLANIFICATION FISCALE ET FINANCIÈRE	443
ASSOCIATION DES ALLERGOLOGUES ET IMMUNOLOGUES DU QUÉBEC	443
ASSOCIATION DES FAMILLES DU CENTRE-SUD	516
ASSOCIATION DES GROUPES DE RESSOURCES TECHNIQUES DU QUÉBEC	335
ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC	443
ASSOCIATION DES NEUROLOGUES DU QUÉBEC	444
ASSOCIATION DES OPTOMÉTRISTES DU QUÉBEC	444
ASSOCIATION DES PÉDIATRES DU QUÉBEC	444
ASSOCIATION DES RESSOURCES INTERMÉDIAIRES D'HÉBERGEMENT DU QUÉBEC	41
ASSOCIATION FOR THE PROTECTION OF PEOPLE AND PROPERTY UNDER PUBLIC CURATORSHIP	519
ASSOCIATION LES CHEMINS DU SOLEIL	25
ASSOCIATION OF OBSTETRICIANS AND GYNECOLOGISTS OF QUEBEC	444
ASSOCIATION QUÉBÉCOISE DE SOINS PALLIATIFS	500
ASSOCIATION QUÉBÉCOISE POUR LA PROMOTION DE LA SANTÉ DES PERSONNES UTILISATRICES DE DROGUES	465
ASSOCIATION SPORTIVE ET COMMUNAUTAIRE DU CENTRE SUD	576
ATELIER DES LETTRES EN ALPHABÉTISATION	560
AU COUP DE POUCE CENTRE-SUD	573
AUBERGE DU COEUR LE TOURNANT	326



AUTORITÉ DES MARCHÉS FINANCIERS	408
AXTRA, L'ALLIANCE DES CENTRES-CONSEILS EN EMPLOI	156
BAC ALIMENTAIRE (LE)	189
BANQUE D'INTERPRÈTES DU RÉSEAU DE LA SANTÉ ET DES SERVICES SOCIAUX	358
BAR OF THE PROVINCE OF QUÉBEC	456
BARREAU DU QUÉBEC - CLINIQUE JURIDIQUE	426
BÉNÉVOLAT DE COMPÉTENCES	70
BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC	571
BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - MONTRÉAL ARCHIVES CENTRE	571
BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC - SERVICE QUÉBÉCOIS DU LIVRE ADAPTÉ	571
BIBLIOTHÈQUES DE MONTRÉAL - FRONTENAC LIBRARY	571
BIBLIOTHÈQUES DE MONTRÉAL - PÈRE AMBROISE LIBRARY	572
BIBLIOTHÈQUES DE MONTRÉAL - VILLE DE MONTRÉAL	572
BLACK FLAG COMBAT CLUB	574
BQAM-E	562
BUREAU DES INFRACTIONS ET AMENDES - MONTRÉAL	426
CACTUS MONTRÉAL	526
CACTUS MONTRÉAL - CHECKPOINT	470
CAFÉ L'ITINÉRAIRE	286
CANADA BORDER SERVICES AGENCY	218
CANADA CHILD BENEFIT	222
CANADA MORTGAGE AND HOUSING CORPORATION	511
CANADIAN BROADCASTING CORPORATION	538
CANADIAN PRACTICE ENTERPRISE NETWORK	157
CANADIENS CHILDREN'S FOUNDATION	51
CANTINE DES OEUVRES DE SAINT-JACQUES (LA)	538
CARREFOUR DE RESSOURCES EN INTERCULTUREL	599
CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME FEMMES-RELAIS INTERCULTURELS	368
CARREFOUR DE RESSOURCES EN INTERCULTUREL - PROGRAMME HOMMES-RELAIS INTERCULTURELS	368
CARREFOUR JEUNESSE-EMPLOI MONTRÉAL CENTRE-VILLE	167
CARREFOUR SAINT-EUSÈBE	562
CARREFOUR SAINT-EUSÈBE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ	507
CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - ÉPICERIE POPULAIRE TROIS PANIERS	189
CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - MARCHÉ SOLIDAIRE FRONTENAC	190
CARREFOUR SOLIDAIRE CENTRE COMMUNAUTAIRE D'ALIMENTATION - RENCONTRES CUISINES	274
CARREFOUR SOLIDAIRE COMMUNITY FOOD CENTRE	562
CÉGEP DU VIEUX MONTRÉAL	56
CENTRE AFRIKA	545
CENTRE ASSOCIATIF POLYVALENT D'AIDE HÉPATITE C	274
CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE	563
CENTRE COMMUNAUTAIRE DE LOISIRS SAINTE-CATHERINE D'ALEXANDRIE - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ	507
CENTRE COMMUNAUTAIRE RADISSON	577
CENTRE CULTUREL MAROCAIN DE MONTRÉAL	538
CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI	617
CENTRE D'ÉCOUTE LE HAVRE	485
CENTRE D'ÉDUCATION ET D'ACTION DES FEMMES	604
CENTRE D'ENTRAIDE ET DE RALLIEMENT FAMILIAL	585

CENTRE D'ENTREPRISES ET D'INNOVATION DE MONTRÉAL	151
CENTRE D'HÉBERGEMENT ÉMILIE-GAMELIN	512
CENTRE D'HÉBERGEMENT ERNEST-ROUTHIER	512
CENTRE D'HÉBERGEMENT PAUL-ÉMILE-LÉGER	512
CENTRE DE JUSTICE DE PROXIMITÉ DU GRAND MONTRÉAL	427
CENTRE DE PÉDIATRIE SOCIALE DU CENTRE-SUD	7
CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE MONTRÉAL	599
CENTRE DE RESSOURCES EN EMPLOYABILITÉ MONTRÉAL CENTRE-VILLE	369
CENTRE DE RESSOURCES POUR HOMMES DE MONTRÉAL	617
CENTRE DE SERVICES ORTHOPÉDAGOGIQUES DE L'UQAM	117
CENTRE DE SERVICES PSYCHOLOGIQUES DE L'UQAM	617
CENTRE DE SOIR DENISE-MASSÉ	618
CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - ADMINISTRATIVE CENTRE	409
CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - CLINIQUE JAP	618
CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - MÉDECINE DES TOXICOMANIES	470
CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - NOUVEAU CHUM	470
CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL - PSYCHIATRIE DES TOXICOMANIES	470
CENTRE LARTIGUE	369
CENTRE QUÉBÉCOIS DE LUTTE AUX DÉPENDANCES	465
CENTRE RÉCRÉATIF POUPART	557
CENTRE ST-PIERRE	618
CENTRE TURBINE	158
CENTRE UNIVERSITAIRE DE SANTÉ MCGILL - PROGRAMME DE PRÉVENTION ET D'INTERVENTION PRÉCOCE POUR LA PSYCHOSE	477
CENTRE YEE KANG DE MONTRÉAL	512
CHAMBRE DE L'ASSURANCE DE DOMMAGES	409
CHAMBRE DES NOTAIRES DU QUÉBEC	445
CHEZ DORIS WOMEN'S SHELTER FOUNDATION, CHEZ DORIS - ELSPETH MCCONNELL SHELTER	307
CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - RÉSIDENCE BASH SHETTY	312
CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - RÉSIDENCE MARCELLE ET JEAN COUTU	312
CHEZ DORIS, LA FONDATION DU REFUGE POUR FEMMES - ROOMING HOUSE	512
CHEZ DORIS, WOMEN'S SHELTER FOUNDATION	619
CHEZ DORIS, WOMEN'S SHELTER FOUNDATION - TAX CLINIC	169
CHEZ ÉMILIE MAISON D'ENTRAIDE POPULAIRE	619
CHINESE FAMILY SERVICE OF GREATER MONTRÉAL	620
CHRIST CHURCH CATHEDRAL	287
CIBL 101,5	538
CINÉMATHÈQUE QUÉBÉCOISE (LA)	539
CIUSSS CSIM - ÉQUIPE ITINÉRANCE	298
CLEF (LA)	126
CLEF POUR L'INTÉGRATION AU TRAVAIL DES IMMIGRANTS	370
CLINIQUE D'INFECTIOLOGIE VIRALE CHRONIQUE	275
CLINIQUE DROITS DEVANT	457
CLINIQUE MÉDICALE L'ACTUEL	471
CLINIQUE POUR LA JUSTICE MIGRANTE	429
CLSC DE LA VISITATION	276
CLSC MÉTRO	605
CLSC MÉTRO - ÉQUIPE CONNEXION	302
CLSC PARTHENAIS	276
CLSC SAINTE-CATHERINE	276

CNIB QUEBEC (CANADIAN NATIONAL INSTITUTE FOR THE BLIND)	393
COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ	519
COCAINE ANONYMOUS	496
COLLÈGE DES MÉDECINS DU QUÉBEC	445
COLLÈGE DES NATUROPATHES DU QUÉBEC	446
COMITÉ DE DÉONTOLOGIE POLICIÈRE	410
COMITÉ DE SOUTIEN AUX PARENTS ÉTUDIANTS DE L'UQAM	585
COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL	394
COMITÉ SECTORIEL DE MAIN-D'OEUVRE DE L'ÉCONOMIE SOCIALE ET DE L'ACTION COMMUNAUTAIRE	43
COMITÉ SOCIAL CENTRE-SUD	620
COMITÉ SOCIAL CENTRE-SUD - TAX CLINIC	170
COMMISSAIRE À LA DÉONTOLOGIE POLICIÈRE	410
COMMISSAIRE AUX PERSONNES EN SITUATION D'ITINÉRANCE	395
COMMISSION D'ACCÈS À L'INFORMATION DU QUÉBEC - MONTRÉAL OFFICE	239
COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE	611
COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - MONTRÉAL ISLAND	534
COMMISSION DES SERVICES JURIDIQUES	430
COMMISSION QUÉBÉCOISE DES LIBÉRATIONS CONDITIONNELLES	419
COMMUNAGIR	58
COMMUNITY LEGAL CENTRE OF MONTRÉAL	596
CONFEDERATION OF NATIONAL TRADE UNIONS	396
CONSEIL DES ARTS DE MONTRÉAL	224
CONSEIL INTERPROFESSIONNEL DU QUÉBEC	396
CONSEIL QUÉBÉCOIS LGBT	526
CONSEIL RÉGIONAL DE L'ENVIRONNEMENT - MONTRÉAL	397
CORONER'S OFFICE	240
CORPORATION D'HABITATION JEANNE-MANCE	346
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE CENTRE-SUD MONTRÉAL	59
CORPORATION DU CENTRE JEAN-CLAUDE-MALÉPART	574
CORRECTIONAL SERVICE CANADA - SHERBROOKE COMMUNITY CORRECTIONAL CENTRE	419
CÔTÉ COUR	611
COURT OF APPEAL OF QUÉBEC	422
COURT OF QUÉBEC - CIVIL DIVISION - MONTRÉAL	620
COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - MONTRÉAL	457
COURT OF QUÉBEC - SMALL CLAIMS DIVISION - MONTRÉAL	422
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTRÉAL COURTHOUSE	612
CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉAL - MONTREAL'S MUNICIPAL COURT	612
CRYSTAL METH ANONYMOUS - MONTRÉAL	496
CULTURES ET LANGUES AUTOCHTONES	158
CURATEUR PUBLIC	431
CURATEUR PUBLIC - DIRECTION TERRITORIALE ET BUREAU DE MONTRÉAL	432
CYBERCAP	564
DANS LA RUE	288
DANS LA RUE - CHEZ POPS	620
DANS LA RUE - CHEZ POPS - USED ITEMS RECOVERY	584
DANS LA RUE - HOUSING	320
DANS LA RUE - THE BUNKER	326
DANS LA RUE - THE VAN	582
DEPARTMENT OF JUSTICE CANADA	219
DESJARDINS FOUNDATION	143

DIOGÈNE SUIVI COMMUNAUTAIRE	479
DIRECT ALLOWANCE SERVICE EMPLOYMENT PAYCHEQUE PROGRAM	510
DIRECTION DE LA SANTÉ PUBLIQUE DE MONTRÉAL	277
DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL - CLIENTÈLE FÉMININE ET ACTIVITÉS SPÉCIALISÉES	458
DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - MONTRÉAL SUD-OUEST	458
DIRECTION GÉNÉRALE DES SERVICES CORRECTIONNELS - DIRECTION GÉNÉRALE DE MONTRÉAL	420
DOSSIER DES DONS DE CORPS À LA SCIENCE	277
DOWNTOWN YMCA	564
DOWNTOWN YMCA - DIALOGUE PROGRAM	303
DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSSOLE	582
DOWNTOWN YMCA - ESPADRILLE SOCIAL REINTEGRATION SERVICE	609
DOWNTOWN YMCA CENTRE - COMPENSATORY WORK PROGRAM	459
ÉCO-QUARTIER VILLE-MARIE DE PETER-MCGILL	397
ÉCO-QUARTIER VILLE-MARIE DE SAINTE-MARIE ET DE SAINT-JACQUES	397
ÉCOLE DES ENTREPRENEURS DU QUÉBEC	151
ÉCOLE DES GRANDS	132
ÉDUC'ALCOOL	466
ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE	199
ÉLECTIONS MONTRÉAL	242
EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA	385
EN MARGE 12-17	304
EN MARGE 12-17 - SHELTER	327
EN MARGE 12-17 - SOCIAL HOUSING	320
EN MARGE 12-17 - VOLET PARENT	621
ÉNERGIR	333
ENGLISH SPEAKING CATHOLIC COUNCIL	45
ENSEMBLE FOR THE RESPECT OF DIVERSITY	601
ENTRAIDE BÉNÉVOLE MÉTRO	621
ENTRAIDE BÉNÉVOLE MÉTRO - ACCOMPANIMENT	589
ENTRAIDE LÉO THÉORET - CUISINES COLLECTIVES SACRÉ-COEUR-SAINTE-CATHERINE	586
ÉQUIJUSTICE	612
ÉQUIPE MOBILE DE RÉFÉRENCE ET D'INTERVENTION EN ITINÉRANCE	304
ÉQUITERRE	398
ÉTAPE (L')	173
EVOL - MONTRÉAL	152
EXO - RÉSEAU DE TRANSPORT MÉTROPOLITAIN	590
FACE À FACE LISTENING AND INTERVENTION CENTRE	621
FÉDÉRATION DES MÉDECINS SPÉCIALISTES DU QUÉBEC	446
FÉDÉRATION DES OSBL D'HABITATION DE MONTRÉAL	347
FEDERATION OF QUEBEC ALZHEIMER SOCIETIES	500
FÉDÉRATION PROFESSIONNELLE DES JOURNALISTES DU QUÉBEC	398
FESTIVAL NOËL DANS LE PARC	546
FIRST STOP - DOWNTOWN YMCA CENTRE	590
FONDATION DE L'ORDRE DES DENTISTES DU QUÉBEC	51
FONDATION DES PARLEMENTAIRES QUÉBÉCOIS, CULTURES À PARTAGER	71
FONDATION DR CLOWN	508
FONDATION JEAN MARC PAQUETTE - SAFIR	591
FONDATION OLO	196
FONDATION PALLIAMI	622
FONDATION PAPILLON	91

FONDATION QUÉBÉCOISE POUR LES JEUNES CONTREVENANTS	381
FONDATION VARIETY QUÉBEC	264
FONDATION VIRAGE POUR LE SOUTIEN AU CANCER	578
FONDATION W	133
FONDS D'AIDE AUX ACTIONS COLLECTIVES	433
FOUNDATION OF GREATER MONTRÉAL	52
FRIGO VERT (LE)	258
FRONT D'ACTION POPULAIRE EN RÉAMÉNAGEMENT URBAIN	399
FUNAMBULES MÉDIAS	540
FUNAMBULES MÉDIAS	540
GESTION DES TROIS PIGNONS	347
GO JEUNESSE	578
GROUPE COMMUNAUTAIRE L'ITINÉRAIRE	291
GROUPE CONSEIL EN DÉVELOPPEMENT DE L'HABITATION	347
GROUPE D'ENTRAIDE À L'INTENTION DES PERSONNES SÉROPOSITIVES ITINÉRANTES ET TOXICOMANES	622
GROUPE D'INTERVENTION ALTERNATIVE PAR LES PAIRS	602
GROUPE DE SOUTIEN DU CANCER DE LA PROSTATE DU CHUM	265
GROUPE HARMONIE	508
GROUPE INFORMATION TRAVAIL	565
HABITATIONS DU RÉSEAU DE L'ACADÉMIE (LES) - PHASE 7 - PAPINEAU-ONTARIO	493
HADLEY COMMUNITY - ANNE'S HOUSE	494
HADLEY COMMUNITY - JOHN'S HOUSE	494
HADLEY COMMUNITY - MAIN HOUSE	494
HEALTH CANADA	278
HEALTH CANADA - FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE	486
HEART AND STROKE FOUNDATION	266
HELPING HAND FOR BURN SURVIVORS	623
HERSTREET	582
HÔPITAL NOTRE-DAME	471
HÔPITAL NOTRE-DAME - CAFETERIA	215
HUMAN RIGHTS TRIBUNAL	423
HUNTINGTON SOCIETY OF QUÉBEC	500
HYDRO-QUÉBEC	242
IMMIGRATION AND REFUGEE BOARD OF CANADA - EASTERN REGION	411
IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - QUÉBEC OFFICE	371
INCLUSION SPORT	575
INDEMNISATION DES VICTIMES D'ACTES CRIMINELS	613
INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM	486
INFORMATION ALIMENTAIRE POPULAIRE CENTRE-SUD	192
INNOVATION YOUTH	572
INSTITUT DE LA STATISTIQUE DU QUÉBEC - INFORMATION AND DOCUMENTATION CENTRE	242
INSURANCE BUREAU OF CANADA	446
INTERLIGNE	623
INTERLOGE	399
INTERNATIONAL CENTRE FOR YOUTH GAMBLING PROBLEMS AND HIGH-RISK BEHAVIOURS	491
INTERNATIONAL FRANCOPHONE ALLIANCE FOR EQUALITY AND DIVERSITIES	527
JAIDE	491
JASMIN ROY SOPHIE DESMARAIS FOUNDATION	602
JEUNESSE LAMBDA	623
JOE JACK ET JOHN	540

JURIPOPOP	606
JURISTES À DOMICILE	520
JURITRANS - TRANS ID CLINIC	528
JUSTICE PRO BONO	434
KONTAK	467
KOUMBIT	152
LADY HUSTLER SOCIETY CLUB (THE)	153
LEGAL AID OFFICE - CIVIL AND FAMILY LAW - CENTRE-SUD	596
LEGAL AID OFFICE - CRIMINAL AND PENAL LAW AND HEALTH LAW - MONTRÉAL	460
LEGAL AID OFFICE - IMMIGRATION LAW - MONTRÉAL	435
LGBT+ FAMILY COALITION - SUPPORT GROUPS	528
LIGNE AÎNÉS VILLE-MARIE	506
LIGNE INFO-AIDANT	500
LOGEMENT COMMUNAUTAIRE CHINOIS PHASE II	513
LOGIS PHARE	472
MA CHAMBRE	348
MAGAZINE L'ITINÉRAIRE	381
MAINS DU QUARTIER (LES)	586
MAINS DU QUARTIER (LES) - TAX CLINIC	373
MAISON DE NAISSANCES JEANNE-MANCE	17
MAISON DES FAMILLES DU CENTRE-SUD (LA)	565
MAISON DES JEUNES QUINKA-BUZZ (LA)	566
MAISON DU PÈRE (LA)	292
MAISON DU PÈRE (LA) - ACCÈS-SANTÉ	299
MAISON DU PÈRE (LA) - HÉBERGEMENT D'URGENCE ET DE RÉFÉRENCIEMENT	308
MAISON DU PÈRE (LA) - LA RÉSIDENCE J.-A. DE SÈVE	513
MAISON DU PÈRE (LA) - PAVILLON ROBERT-LEMAIRE	308
MAISON DU PÈRE (LA) - RÉINSERTION ET SOUTIEN RÉSIDENTIEL	320
MAISON DU PÈRE (LA) - RÉINSERTION SOCIALE	321
MAISON JEAN LAPOINTE	479
MAISON PLEIN COEUR	547
MAISON PLEIN COEUR - ACCOMPANIMENT-TRANSPORTATION	589
MAISON ST-JACQUES	623
MAKE-A-WISH	52
MARINERS' HOUSE OF MONTREAL	373
MCCORD STEWART MUSEUM	557
MCGILL COMMUNITY FOR LIFELONG LEARNING (THE)	566
MCGILL LEGAL INFORMATION CLINIC	435
MCGILL REPRODUCTIVE CENTRE (THE)	267
MCGILL STUDENTS' NIGHTLINE	487
MCGILL UNIVERSITY	353
MCGILL UNIVERSITY - DOMESTIC VIOLENCE CLINIC	609
MCGILL UNIVERSITY DENTAL CLINIC	299
MÈRES AVEC POUVOIR - TRANSITIONAL HOUSING	321
MÉTA D'ÂME	472
MÉTA D'ÂME - TRANSITIONAL HOUSING	473
MICROENTREPRENDRE	153
MIDNIGHT KITCHEN	215
MIKANA	362
MINISTÈRE DE L'ÉCONOMIE ET DE L'INNOVATION	243
MINISTÈRE DE L'IMMIGRATION, DE LA FRANCISATION ET DE L'INTÉGRATION	385
MINISTÈRE DE LA FAMILLE	244
MINISTÈRE DE LA FAMILLE - CHILDCARE SERVICES	244

MINISTÈRE DE LA JUSTICE	244
MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE	244
MINISTÈRE DES RELATIONS INTERNATIONALES ET DE LA FRANCOPHONIE - RÉSEAU DES REPRÉSENTATIONS DU QUÉBEC À L'ÉTRANGER	373
MINISTÈRE DES TRANSPORTS ET DE LA MOBILITÉ DURABLE	245
MINISTÈRE DU REVENU DU QUÉBEC	386
MINISTÈRE DU TOURISME DU QUÉBEC	566
MINISTRE DE LA CULTURE ET DES COMMUNICATIONS	246
MIRE: MOUVEMENT POUR L'INTÉGRATION ET LA RÉTENTION EN EMPLOI	174
MISSION BON ACCUEIL - CENTRE D'ACCUEIL ET RÉFÉRENCIEMENT	589
MISSION OLD BREWERY - LES VOISINES DE LARTIGUE - TRANSITIONAL HOUSING	322
MISSION OLD BREWERY - PAVILLON PATRICIA MACKENZIE - LES COLOCS DU PMP	322
MISSION OLD BREWERY - WEBSTER PAVILION - SUIVI INTENSIF EN ITINÉRANCE	322
MISSIONARIES OF CHARITY	509
MONTRÉAL - CITY	558
MONTRÉAL - CITY - ACCÈS MONTRÉAL CARD	226
MONTRÉAL - CITY - BUREAU DE L'INSPECTEUR GÉNÉRAL	412
MONTRÉAL - CITY - DIRECTION DE L'HABITATION	278
MONTRÉAL - CITY - DIVERSITÉ ET INCLUSION SOCIALE	603
MONTRÉAL - CITY - OMBUDSMAN	227
MONTRÉAL - CITY - WELCOME BOX	18
MONTRÉAL - VILLE - AFFORDABLE HOUSING RENO PROGRAM	340
MONTRÉAL - VILLE - HALTE-CHALEUR LUCIEN-SAULNIER	308
MONTREAL ADD/ADHD SUPPORT GROUP (THE)	102
MONTRÉAL CHINESE HOSPITAL	513
MONTRÉAL CITY MISSION	567
MONTRÉAL COURTHOUSE	423
MONTRÉAL GENERAL HOSPITAL	624
MONTREAL GENERAL HOSPITAL - MCGILL UNIVERSITY SEXUAL IDENTITY CENTRE	624
MONTRÉAL LGBTQ+ COMMUNITY CENTRE	586
MONTRÉAL PASSPORT CANADA OFFICE	235
MONTREAL SEXUAL ASSAULT CENTRE	613
MOUVEMENT ACTION JUSTICE	461
MOUVEMENT COMMUNITAS	614
MOUVEMENT D'ÉDUCATION ET DE DÉFENSE DES ACTIONNAIRES	413
MULTIPLE SCLEROSIS CANADA - QUÉBEC DIVISION	401
MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTRÉAL SECTION	578
MUNICIPAL COURT OF THE CITY OF MONTRÉAL	437
MUSCULAR DYSTROPHY CANADA - QUÉBEC DIVISION	578
MUSÉE POINTE-À-CALLIÈRE	541
MUSÉE REDPATH	541
NATIONAL ASSEMBLY - CABINET MINISTERS	246
NATIONAL FILM BOARD OF CANADA	542
NATIVE FRIENDSHIP CENTRE OF MONTREAL	583
NEURO-PATIENT RESOURCE CENTRE	268
NON-INSURED HEALTH BENEFITS	386
NOTRE DAME DE LA RUE	583
OFFICE FRANCO-QUÉBÉCOIS POUR LA JEUNESSE - PARIS OFFICE	153
OFFICE OF THE SUPERINTENDENT OF BANKRUPTCY CANADA	221
OFFICE QUÉBÉCOIS DE LA LANGUE FRANÇAISE	246
OFFICES JEUNESSE INTERNATIONAUX DU QUÉBEC (LES)	30
OLD BREWERY MISSION	462
OLD BREWERY MISSION - CAFÉ MISSION	309

OLD BREWERY MISSION - LES SENTINELLES DE RUE	323
OLD BREWERY MISSION - MAISON DES VOISINES DE LANAUDIÈRE (LA)	323
OLD BREWERY MISSION - MARCELLE AND JEAN COUTU PAVILION	315
OLD BREWERY MISSION - PATRICIA MACKENZIE PAVILION	309
OLD BREWERY MISSION - PAVILLON PATRICIA MACKENZIE - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE	495
OLD BREWERY MISSION - PAVILLON WEBSTER - PROGRAMME DE RÉAFFILIATION EN ITINÉRANCE ET SANTÉ MENTALE	495
OLD BREWERY MISSION - WEBSTER PAVILION - EMERGENCY SERVICE	345
OLD BREWERY MISSION - WEBSTER PAVILION - PROGRAMME PASS	323
OLD BREWERY MISSION - WEBSTER PAVILION - TRANSITION SERVICES	323
OMBUSERVICE FOR LIFE AND HEALTH INSURANCE	413
ONENTOKON HEALING LODGE - OUTREACH SERVICES OF MONTREAL	474
ONROULE.ORG	514
OPÉRATION BONNE MINE	584
OPÉRATION SAC À DOS - VILLE-MARIE	194
OPTION CONSOMMATEURS	437
ORCHESTRE SYMPHONIQUE DE MONTRÉAL	542
ORDRE DES ACUPUNCTEURS DU QUÉBEC	447
ORDRE DES ADMINISTRATEURS AGRÉÉS DU QUÉBEC	447
ORDRE DES AGRONOMES DU QUÉBEC	447
ORDRE DES ARCHITECTES DU QUÉBEC	447
ORDRE DES COMPTABLES PROFESSIONNELS AGRÉÉS DU QUÉBEC	448
ORDRE DES CONSEILLERS EN RESSOURCES HUMAINES AGRÉÉS	448
ORDRE DES DENTISTES DU QUÉBEC	448
ORDRE DES DIÉTÉTISTES NUTRITIONNISTES DU QUÉBEC	449
ORDRE DES ERGOTHÉRAPEUTES DU QUÉBEC	449
ORDRE DES ÉVALUATEURS AGRÉÉS DU QUÉBEC	449
ORDRE DES GÉOLOGUES DU QUÉBEC	449
ORDRE DES HYGIÉNISTES DENTAIRES DU QUÉBEC	450
ORDRE DES INGÉNIEURS DU QUÉBEC	450
ORDRE DES OPTICIENS D'ORDONNANCES DU QUÉBEC	450
ORDRE DES OPTOMÉTRISTES DU QUÉBEC	450
ORDRE DES ORTHOPHONISTES ET AUDIOLOGISTES DU QUÉBEC	451
ORDRE DES PHARMACIENS DU QUÉBEC	451
ORDRE DES PODIATRES DU QUÉBEC	451
ORDRE DES SAGES-FEMMES DU QUÉBEC	452
ORDRE DES TECHNOLOGUES EN PROTHÈSES ET APPAREILS DENTAIRES DU QUÉBEC	452
ORDRE DES TECHNOLOGUES PROFESSIONNELS DU QUÉBEC	452
ORDRE DES TRADUCTEURS, TERMINOLOGUES ET INTERPRÈTES AGRÉÉS DU QUÉBEC	452
ORDRE DES URBANISTES DU QUÉBEC	453
ORDRE PROFESSIONNEL DES INHALOTHÉRAPEUTES DU QUÉBEC	453
ORDRE PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC	624
ORDRE PROFESSIONNEL DES TECHNOLOGISTES MÉDICAUX DU QUÉBEC	454
OXY-JEUNES	567
PARKINSON MONTREAL-LAVAL	501
PARKINSON QUÉBEC	269
PAROLE BOARD OF CANADA - QUÉBEC REGIONAL OFFICE	462
PAS DE LA RUE (LE)	509
PERSPECTIVE AUTONOMIE EN SANTÉ MENTALE	501
PETER MCGILL COMMUNITY COUNCIL	47
PIÉTONS QUÉBEC	402
PME MTL CENTRE-VILLE	160



PRÉVENTION EN DÉPENDANCE - CENTRE-OUEST-DE-L'ÎLE-DE-MONTRÉAL	497
PROGRAMME D'ACCOMPAGNEMENT JUSTICE - SANTÉ MENTALE	462
PROJET LOGEMENT MONTRÉAL	403
PROJET TRIP	595
PROJETS AUTOCHTONES DU QUÉBEC	548
PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 1	388
PROJETS AUTOCHTONES DU QUÉBEC - EMERGENCY SHELTER 2	388
PROJETS AUTOCHTONES DU QUÉBEC - MANAGED ALCOHOL PROGRAM	474
PROJETS AUTOCHTONES DU QUÉBEC - PERMANENT HOUSING	316
PROJETS AUTOCHTONES DU QUÉBEC - TRANSITIONAL HOUSING	389
PUBLIC HEALTH AGENCY OF CANADA - QUÉBEC REGIONAL OFFICE	279
QUALIFICATIONS QUÉBEC	374
QUÉBEC 511 ROAD NETWORK CONDITIONS	591
QUÉBEC ASSOCIATION OF GASTROENTEROLOGISTS	454
QUÉBEC ASSOCIATION OF INDEPENDENT SCHOOLS	403
QUEBEC CANCER FOUNDATION	625
QUÉBEC CANCER FOUNDATION - MONTRÉAL LODGE NORMAN FORTIER	270
QUÉBEC CANCER FOUNDATION - PROGRAMME À FÉLIX	270
QUÉBEC COLLECTIVE KITCHENS ASSOCIATION	403
QUEBEC COMMUNITY GROUPS NETWORK	404
QUÉBEC HIV/AIDS PORTAL	270
QUÉBEC LESBIAN NETWORK	529
QUEBEC SENIORS' HOUSING GROUP	522
RECOGNITION	160
REFUGE DES JEUNES DE MONTRÉAL	327
REFUGE MITSHUAP MONTRÉAL	389
RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC	438
RÉGIE DE L'ÉNERGIE	416
RÉGIE DES ALCOOLS, DES COURSES ET DES JEUX	247
REGISTER OF COMMISSIONERS FOR OATHS	248
REGISTER OF PERSONAL AND MOVABLE REAL RIGHTS	416
REGISTRE FONCIER DU QUÉBEC	235
REGISTRE QUÉBÉCOIS DES CONSULTANTS EN IMMIGRATION	404
REGROUPEMENT DES GESTIONNAIRES ET COPROPRIÉTAIRES DU QUÉBEC	340
REGROUPEMENT DES ORGANISMES HUMANITAIRES ET COMMUNAUTAIRES POUR LES MESURES D'URGENCE À MONTRÉAL	334
REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC	492
REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS	522
REGROUPEMENT QUÉBÉCOIS DU PARRAINAGE CIVIQUE	48
RELANCE JEUNES ET FAMILLES (LA)	194
RELIEF - THE PATH OF MENTAL HEALTH	492
RESEARCH CHAIR ON GAMBLING	468
RÉSEAU D'AIDE AUX PERSONNES SEULES ET ITINÉRANTES DE MONTRÉAL	405
RÉSEAU D'AUTODÉFENSE FÉMINISTE	603
RÉSEAU DE LA COOPÉRATION DU TRAVAIL DU QUÉBEC	154
RÉSEAU HABITATION FEMMES	316
RÉSEAU HABITATION FEMMES - MAISON ONTARIO	316
RESPECTING ELDER COMMUNITIES AGAINST ABUSE	598
REVENU QUÉBEC - MONTRÉAL CENTRE	386
REVENU QUÉBEC - REGISTER OF UNCLAIMED PROPERTY	249
REVENU QUÉBEC - REGISTRAIRE DES ENTREPRISES (LE)	249
REVENU QUÉBEC - SHELTER ALLOWANCE PROGRAM	514
RÉZO - HEALTH AND WELL-BEING OF GAY AND BISEXUAL MEN	530

ROBIN DES BOIS	558
ROUNDHOUSE (THE)	383
RUELLE DE L'AVENIR	559
SAC À DOS - ACTION-RÉINSERTION (LE)	383
SALVATION ARMY	53
SALVATION ARMY - EMERGENCY DISASTER SERVICE	334
SANS OUBLIER LE SOURIRE	579
SENIORS ACTION QUÉBEC	522
SENTIER URBAIN	568
SERVICE ADMINISTRATIF DE RAJUSTEMENT DES PENSIONS ALIMENTAIRES POUR ENFANTS	4
SERVICE CANADA CENTRE - MONTRÉAL (DOWNTOWN)	614
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL	236
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 20 - CENTRE-VILLE (VILLE-MARIE OUEST), PARC DU MONT-ROYAL	603
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 21 - CENTRE-VILLE (VILLE-MARIE EST), ÎLE NOTRE-DAME, ÎLE SAINTE-HÉLÈNE, VIEUX-MONTRÉAL	604
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 22 - CENTRE-SUD	604
SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 50 - MÉTRO DE MONTRÉAL	237
SERVICE DES TOXICOMANIES - MÉDECINE URBAINE	475
SERVICES DE PLACEMENT HORIZON-TRAVAIL	177
SERVICES QUÉBEC - CENTRE SPÉCIALISÉ DES DEMANDEURS D'ASILE, DES GARANTS DÉFAILLANTS ET DES PARRAINÉS	387
SEX AND LOVE ADDICTS ANONYMOUS	497
SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY	615
SIDALYS - HABITATIONS JEAN-PIERRE VALIQUETTE (LES)	317
SIDALYS - MAISON AMARYLLIS	325
SOCIÉTÉ D'HABITATION DU QUÉBEC	514
SOCIÉTÉ D'HABITATION DU QUÉBEC - ACCÈSLOGIS QUÉBEC PROGRAM	341
SOCIÉTÉ D'HABITATION DU QUÉBEC - RESIDENTIAL ADAPTATION ASSISTANCE PROGRAM	515
SOCIÉTÉ D'HABITATION ET DE DÉVELOPPEMENT DE MONTRÉAL	515
SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL	383
SOCIÉTÉ DE RECHERCHE EN ORIENTATION HUMAINE	517
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONSEIL CENTRAL	256
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SACRÉ-COUR-DE-JÉSUS	195
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL DE MONTRÉAL - COMPTOIR 1930	587
SOCIÉTÉ DE TRANSPORT DE MONTRÉAL	591
SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - INCLUSIVE MOBILITY	590
SOCIÉTÉ DES MUSÉES DU QUÉBEC	568
SOCIÉTÉ DU PARC JEAN-DRAPEAU	569
SOCIÉTÉ ÉCOCITOYENNE DE MONTRÉAL	569
SOCIÉTÉ POUR L'ACTION, L'ÉDUCATION ET LA SENSIBILISATION ENVIRONNEMENTALE DE MONTRÉAL	584
SOCIÉTÉ QUÉBÉCOISE D'INFORMATION JURIDIQUE	454
SOCIÉTÉ QUÉBÉCOISE DE RÉCUPÉRATION ET DE RECYCLAGE	229
SPECTRE DE RUE	384
SPECTRE DE RUE - SUPERVISED CONSUMPTION SERVICE	475
SPECTRE DE RUE - TAPEL	511
ST-JAMES DROP-IN CENTRE	625
ST. MICHAEL'S MISSION	583
STELLA, L'AMIE DE MAIMIE	615
STM COMPANION CARD	592
STUDIOS VILLE-MARIE (LES)	515

SUPERIOR COURT - MONTRÉAL	423
SÛRETÉ DU QUÉBEC	250
SYNDIC DU BARREAU DU QUÉBEC	454
SYNDICAT PROFESSIONNEL DES HOMÉOPATHES DU QUÉBEC	455
TABLE DE CONCERTATION DU FAUBOURG SAINT-LAURENT	50
TABLE DES ORGANISMES COMMUNAUTAIRES MONTRÉALAIS DE LUTTE CONTRE LE SIDA	406
TEL-JEUNES	489
TEL-JEUNES PARENTS	20
TÉLÉ-QUÉBEC	543
TEMPORARY SHELTER - HÔTEL DES ARTS	389
THE PEOPLE'S POTATO	213
THE REFUGEE CENTRE	576
TOÎT EN VILLE (UN) - PHASE 2	317
TOÎT EN VILLE (UN) - PHASE 3	317
TOÎT EN VILLE (UN) - PHASE 4	318
TOÎT EN VILLE (UN) - PHASE 5	318
TRAJECTOIRE QUÉBEC	407
TRIBUNAL ADMINISTRATIF DU LOGEMENT - MONTRÉAL - CENTRE-VILLE	440
TRIBUNAL ADMINISTRATIF DU QUÉBEC	424
TRIBUNAL ADMINISTRATIF DU QUÉBEC - MENTAL HEALTH DIVISON	625
TRIBUNAL ADMINISTRATIF DU TRAVAIL	424
UNION DES TRAVAILLEUSES ET TRAVAILLEURS ACCIDENTÉS OU MALADES	441
UNION FRANÇAISE	549
UNITÉ PERMANENTE ANTICORRUPTION (L')	418
UNIVERSITÉ DU QUÉBEC À MONTRÉAL	281
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE CARRIÈRE	161
UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE DE SEXOLOGIE	626
UP WITH WOMEN	161
URGENCE PSYCHOSOCIALE-JUSTICE	489
VIA RAIL CANADA	592
VILAVI - PHASE I - MAISON DE CHAMBRES ST-ANDRÉ	349
VILAVI - PHASE III - STUDIOS VIGER	349
VILAVI - PHASE IV - MAISON DE CHAMBRES LESPÉRANCE	349
VILLE-MARIE - BOROUGH	441
WAR AMPS (THE)	615
YES EMPLOYMENT AND ENTREPRENEURSHIP	169
YMCAS OF QUÉBEC (THE)	559
YOUNG BAR OF MONTRÉAL	455
YWCA MONTRÉAL	587
YWCA MONTRÉAL - COMMUNITY SERVICES AND VOLUNTEER ACTION	555
YWCA MONTRÉAL - EMPLOYABILITY SERVICES	555
YWCA MONTRÉAL - FAMILY CAREGIVERS SUPPORT PROGRAM	576
YWCA MONTRÉAL - LEGAL INFORMATION CLINIC	555
YWCA MONTRÉAL - RESIDENCE	556
YWCA MONTRÉAL - YOUTH SERVICES	608