



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTREAL / MONTRÉAL / VILLE-MARIE



2-1-1



WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

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-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

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

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

Email: 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

Email: 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

Email: 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

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

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

SERVICE ADMINISTRATIF DE RAJUSTEMENT DES PENSIONS ALIMENTAIRES POUR ENFANTS

Confidential Address

1 855 537-2772 Fax: 514 864-8979

Website: www.sarpaquebec.ca

Email: 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

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

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

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

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 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

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

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

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

Email: 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

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

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

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

GO JEUNESSE

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

514 872-7948

Website: www.gojeunesse.org

Email: 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

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

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

Email: 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 * 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

Email: 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

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

TEL-JEUNES PARENTS

Confidential Address

1 800 361-5085

Website: teljeunes.com/en/parents

Email: 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
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

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
Email: 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 * 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
Email: 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

Email: 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

Email: 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

Email: 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

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

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

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

Email: 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

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

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

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

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

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

Email: 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

Email: 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

Email: 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

Email: 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

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

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

Email: 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

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

Email: 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

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

CLEF (LA)

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

Website: laclef.tv

Email: 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: 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

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

Email: 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 * 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

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

TEL-JEUNES PARENTS

Confidential Address

1 800 361-5085

Website: teljeunes.com/en/parents

Email: 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

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 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

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

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

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

Email: 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

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

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

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

SOCIÉTÉ DU PARC JEAN-DRAPEAU

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

514 872-6120

Website: www.parcjeandrapeau.com/en

Email: 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

Email: 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

Email: 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

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 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

Email: 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

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

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

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

DOWNTOWN YMCA

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

514 687-9622

Website: www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA

Email: 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

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

GO JEUNESSE

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

514 872-7948

Website: www.gojeunesse.org

Email: 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

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

INTERLIGNE

Confidential Address

514 866-0103

Website: interligne.co/en

Email: 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 * 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

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

Email: 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

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

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

SOCIÉTÉ DU PARC JEAN-DRAPEAU

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

514 872-6120

Website: www.parcjeandrapeau.com/en

Email: 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

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

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

Email: 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

Email: 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

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

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

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 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

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

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

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

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

PROJET TRIP

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

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

Email: 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

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

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

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

Email: 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

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 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

Email: 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

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

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 emporter: 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/

Email: 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

Email: 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

Email: 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

Email: 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/

Email: 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

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

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

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

FONDATION JEAN MARC PAQUETTE - SAFIR

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

514 461-2088

Website: www.fjmap.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

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

Email: 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 * 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

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 DE CONCERTATION DU FAUBOURG SAINT-LAURENT

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

514 288-0404

Website: faubourgstlaurent.ca

Email: 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

Email: 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

Email: 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

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

Email: 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

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

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

CÉGEP DU VIEUX MONTRÉAL

255 Ontario Street East, Ville-Marie, Montréal, QC, H2X 1X6

514 982-3437

Website: cvm.qc.ca

Email: 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

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

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'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

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

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

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 emporter: 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

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

Email: 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* 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

Email: 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

Email: 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

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

Email: 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

Email: 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/

Email: 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

Email: 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

Email: 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

Email: 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

Email: 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

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

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

Email: 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 * 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

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

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**Email:** 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**Email:** 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**Email:** 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

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

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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

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

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

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 DES PARLEMENTAIRES QUÉBÉCOIS, CULTURES À PARTAGER

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

514 282-1550

Website: culturesapartager.org

Email: 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

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 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

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

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

Email: 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

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

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

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

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

Email: 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
Email: 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
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
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

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
Email: 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
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

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

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

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

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

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

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

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

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

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

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

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 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

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 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

FONDATION PAPILLON

2300 René-Lévesque Boulevard West, Ville-Marie, Montréal, QC, H3H 2R5

1 877 937-6171

Website: fondationpapillon.ca/en

Email: 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

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

GO JEUNESSE

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

514 872-7948

Website: www.gojeunesse.org

Email: 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.entraidgb.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

MONTRÉAL - CITY - ACCÈS MONTRÉAL 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 - MONTRÉAL 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
Email: 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
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

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
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 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

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

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

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

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

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

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/

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

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

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

Email: 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

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 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 ADD/ADHD SUPPORT GROUP (THE)

Confidential Address

514 445-7639

Email: 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

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-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

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 JURIPO. * 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

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

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

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

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

Email: 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

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

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

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

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

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

Email: 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

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

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

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

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

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

GO JEUNESSE

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

514 872-7948

Website: www.gojeunesse.org

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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: cliniqu carriere.uqam.ca/

Email: 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

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

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

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

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

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

Email: 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

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

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

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

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

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 repository: 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

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

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

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

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

ÉCOLE DES GRANDS

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1

514 829-3135

Website: schoolofthegreats.com

Email: 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

Email: 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

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

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

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

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

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 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

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

DOWNTOWN YMCA

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

514 687-9622

Website: www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA

Email: 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

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

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

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

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

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 repository: 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

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

CLEF (LA)

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

Website: laclef.tv

Email: 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

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

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

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

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

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'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

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

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

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

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

ÉCOLE DES GRANDS

4131 de la Côte-des-Neiges Road, Suite 12, Ville-Marie, Montréal, QC, H3H 1X1

514 829-3135

Website: schoolofthegreats.com

Email: 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

Email: 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

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

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

Email: 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

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

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

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

Email: 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

Email: 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

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.cdpdj.qc.ca/en

Email: information@cdpdj.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

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

Email: 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/

Email: 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

Email: 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* 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

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 * 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

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

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

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

Email: 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

Email: 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

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

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

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

Email: 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

Email: 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

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

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

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

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

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

Email: 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

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

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

Email: 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

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

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

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 * 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

Email: 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

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

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

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

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

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

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 * How to appeal a decision: 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

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 * 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

Email: 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

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

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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

Email: 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

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

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

Email: 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

Email: 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

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

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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

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

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

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

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

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

Email: 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

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

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

Email: 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

Email: 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

Email: 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

Email: 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/

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

UNIVERSITÉ DU QUÉBEC À MONTRÉAL - CLINIQUE CARRIÈRE

1205 Saint-Denis Street, Suite N-R605, Ville-Marie, Montréal, QC, H2X 3R9

Website: cliniquedecarriere.uqam.ca/

Email: 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

Email: 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

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

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

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

Email: 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

Email: 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

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

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

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

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

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

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

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

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

Email: 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

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

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

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

Email: 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

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

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

Email: 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

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/

Email: 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

Email: 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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

Email: 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

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

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

Email: 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

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

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

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

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

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

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

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

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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 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

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

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

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

Email: 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

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 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 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

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

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

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

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

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

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

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

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

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

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

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

Email: 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

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

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

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

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

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

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

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

Food Assistance

ADRIANNA ESPACE COLLECTIF

2400 Sainte-Catherine Street East, Ville-Marie, Montréal, QC, H2K 2J6

514 527-8727

Website: www.aecmtl.org

Email: 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

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

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

Email: 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

Email: 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

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

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

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 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

FONDATION OLO

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

1 888 656-6372

Website: fondationolo.ca/en

Email: 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

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

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

Email: 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

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

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

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

OPÉRATION SAC À DOS - VILLE-MARIE

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

Website: regroupementpartage.ca

Email: 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

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

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

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

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

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

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

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

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

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

FONDATION OLO

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

1 888 656-6372

Website: fondationolo.ca/en

Email: 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

Email: 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

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

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

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

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

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

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

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

ÉGLISE CATHOLIQUE UKRAINIENNE SAINT-MICHEL-ARCHANGE

2388 D'Iberville Street, Ville-Marie, Montréal, QC, H2K 3C6

514 521-2234

Email: 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

Email: 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

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

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

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 * 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

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

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

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

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

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

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

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

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

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 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

Email: 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

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

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

Email: 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

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

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 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: entraideleotheoret.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, 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

Email: 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

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

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

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

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

Email: 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, 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

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

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

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

Email: 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

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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

Email: 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

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

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

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

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

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

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

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 * How to appeal a decision: 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

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 * 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

Email: 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

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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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 * 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

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

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 * 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 * 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 * 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

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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: click here * Consultation of public notices: click here Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

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

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

Email: 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

Email: 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/

Email: 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 * 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 * 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 * 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

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

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

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

Email: 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

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

MONTRÉAL - CITY - OMBUDSMAN

1550 Metcalfe Street, Suite 1150, Ville-Marie, Montréal, QC, H3A 1X6

514 872-8999 Fax: 514 872-2379

Website: ombudsmandemontreal.com/en

Email: 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: ombudsmandemontreal.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

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

Email: 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

Email: 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

Email: 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

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

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 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

Email: 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

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

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

Email: 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 * 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, professionnal 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

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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

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

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

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

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

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

Email: 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

Email: 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

Email: 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

MCGILL LEGAL INFORMATION CLINIC

3480 McTavish Street, Suites 108 & 107-A, Ville-Marie, Montréal, QC, H3A 0E7

438 944-6545

Website: licm.ca

Email: 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

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

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

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

Email: 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 * 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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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: spsvm.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

Email: 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

Email: 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

Email: 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

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

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

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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

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

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

Email: 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

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

Email: 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

Email: 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 * 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

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 * 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

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

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 * 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

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 * 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

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

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

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

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

Email: 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

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

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

Email: 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

Email: 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 * 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

Email: 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 * 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

Email: 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

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

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 * 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

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

Email: 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

Email: 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

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

Email: 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 * 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

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

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

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

Email: 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

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

Email: 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 * 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

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

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

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

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

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

Email: 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

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

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

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

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

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

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

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

Email: 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 * 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

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

Email: 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

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

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

ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC

Confidential Address

514 350-5124 Fax: 514 350-5174

Website: www.amoq.org

Email: amoq@smsq.org

Services: * Members' representation. * Information to the public. * Ophthalmologists' directory: 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

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

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

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

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

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 * 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

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

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 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

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

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

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 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

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

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

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 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

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

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

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

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

Email: 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

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

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

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 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

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

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-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

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

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 * How to appeal a decision: 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

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

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: 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

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

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

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

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

Email: 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

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

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

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

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

Email: 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

Email: 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

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

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

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

Email: 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

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

Email: 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

Email: 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

Email: 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

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

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

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

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

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

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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

Email: 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

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

DANS LA RUE - CHEZ POPS

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

1 888 520-7677

Website: danslarue.org/en/

Email: centrejour@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

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

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

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

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

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

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

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

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, dinner: 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

Email: 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

Email: 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

Email: 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

Email: 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

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

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

Email: 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

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

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

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

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

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

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

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

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

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

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

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

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/

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

Email: 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

Email: 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

Email: 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/

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

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

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

PROJET TRIP

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

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

Email: 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

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

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

Email: 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

Email: 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

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 - 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

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 - 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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

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

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

Email: 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

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 - MANAGED ALCOHOL PROGRAM

1019 Saint-Hubert Street, Ville-Marie, Montréal, QC, H2L 3Y3

514 879-3310

Website: www.paqc.org/en/managed-alcohol-program

Email: 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

Email: 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

Email: 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

Email: 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: hjpv@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

Email: 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

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

MÈRES AVEC POUVOIR - TRANSITIONAL HOUSING

2015-A Fullum Street, Ville-Marie, Montréal, QC, H2K 3N5

514 282-1882

Website: meresavecpouvoir.org/Home

Email: 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

Email: 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

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

Email: 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

Email: 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

Email: 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

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**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

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, 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

Email: 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

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

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

514 521-5992

Website: clvm.org

Email: 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

Email: 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

Email: 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

Email: 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

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

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

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

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

Email: 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

Email: 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

Email: 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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

Email: 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

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, 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

Email: 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

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

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

514 521-5992

Website: clvm.org

Email: 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

Email: 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

Email: 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

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

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

Email: 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 * 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

Email: 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

Email: 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

Email: 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

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

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

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

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

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.fjamp.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

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

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

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

Email: 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

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

Email: 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

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

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 LESPÉRANCE

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

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

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

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

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@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

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

MCGILL UNIVERSITY

845 Sherbrooke Street West, Ville-Marie, Montréal, QC, H3A 0G4

514 398-3948

Website: www.mcgill.ca

Email: 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

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

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

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

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

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

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

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

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

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

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

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

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

Email: 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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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
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

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

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

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

Email: 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

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

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

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

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

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

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

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

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

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

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

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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

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: 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. * 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 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

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

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

Email: 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

Email: 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

Email: 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

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

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

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

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

Email: 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

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

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

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

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

Email: 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

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

MAINS DU QUARTIER (LES) - TAX CLINIC

1857 de Maisonneuve Boulevard West, Ville-Marie, Montréal, QC, H3H 1H3

514 989-1735

Website: lesmainsduquartier.ca

Email: 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

Email: 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

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

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

Email: 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

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

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

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

Email: 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

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

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

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

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

Email: 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

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

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

Services: Crisis phone line. * Support and referral. * Mental health counselling and crisis intervention online chat: 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

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

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

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

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

Email: 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

Email: 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

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

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

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/

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

SOCIÉTÉ DE DÉVELOPPEMENT SOCIAL

533 Ontario Street East, Suite 200, Ville-Marie, Montréal, QC, H2L 1N8

514 312-7344

Website: sds.social

Email: 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

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

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

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

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

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

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 * 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

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

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

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

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 * 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

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

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 * How to appeal a decision: 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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

Email: 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

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

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

Email: 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

Email: 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

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 MITSHUAP MONTRÉAL

2154 Sainte-Catherine Street West, Ville-Marie, Montréal, QC, H3H 1M7

438 466-2325

Email: 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

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

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

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

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

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

Email: 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

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

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 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

COMITÉ LOGEMENT VILLE-MARIE DE MONTRÉAL

1710 Beaudry Street, Suite 2.6, Ville-Marie, Montréal, QC, H2L 3E7

514 521-5992

Website: clvm.org

Email: 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

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

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

Email: 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

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/

Email: 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

Email: 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* 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

Email: 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

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

Email: 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

Email: 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/

Email: 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

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

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

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

Email: 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

Email: 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

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

Email: 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

Email: 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 * 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

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

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

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

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

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

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

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

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

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

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

Email: 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

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

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

QUÉBEC LESBIAN NETWORK

2075 Plessis Street, Ville-Marie, Montréal, QC, H2L 2Y3

438 929-6928

Website: rlq-qln.ca/en

Email: 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

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

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 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

Email: 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

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

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

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

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

Email: 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

Email: 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

Email: 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

Email: 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

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

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, immigration, 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

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

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

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

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

Email: 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

Email: 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

Email: 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

Email: 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

Email: 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

Email: 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

Email: 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 * 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 * 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 * 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

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

Email: 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

Email: 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 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

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 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

Email: 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

Email: 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

Email: info@opiq.qc.ca

Services: Professional order. * Find a professional: prive.opiq.qc.ca/webprive/Tableau_Acces.aspx * Complaint form: 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

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

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

Email: 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

Email: 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

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

Email: 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

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

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

www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder:

www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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

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

Email: 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

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

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

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

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

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

Email: 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

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

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

Email: 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

Email: 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.cdpedj.qc.ca/en

Email: 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

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
Email: 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

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

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

Email: 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

Email: 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

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

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

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

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

Email: 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 * 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

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

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

Email: 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

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, 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

Email: 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

Email: 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

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

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

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

Email: 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

Email: 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

Email: 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

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

Email: 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

Email: 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

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

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 * 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

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/

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

DOWNTOWN YMCA - EMPLOYMENT SERVICE - LA BOUSOLE

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

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

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

Email: 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

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 * 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

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

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

Email: 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

Email: 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

Email: 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 * 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 * 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 * 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

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

MOUVEMENT ACTION JUSTICE

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

514 524-3776

Website: www.maj-quebec.com

Email: 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

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

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

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

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

Email: 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

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

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

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

Email: 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

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

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

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

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

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

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

Email: 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

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 * Permit counter: montreal.ca/en/places/permit-counter-ville-marie Information * Info-collectes: servicesenligne2.ville.montreal.qc.ca/sel/infocollectes * INFO-travaux for location of infrastructure work: [click here](#) * Consultation of public notices: [click here](#) Services * Online services: montreal.ca/en/articles/use-our-online-services-4775 * Accès Montréal card 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

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

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

Email: 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

Email: 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

Email: 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

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

Email: 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

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

ASSOCIATION DES MÉDECINS OPHTALMOLOGISTES DU QUÉBEC

Confidential Address

514 350-5124 Fax: 514 350-5174

Website: www.amoq.org

Email: amoq@smsq.org

Services: * Members' representation. * Information to the public. * Ophthalmologists' directory: 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

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

Email: 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

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, 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

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

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

Email: 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

Email: info@naturopathie-cnq.org

Services: * Information. * Members' interests advocacy. * Members' online directory: 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

Email: 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

Email: 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
Email: 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

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
Email: 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

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
Email: 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

Email: 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

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

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

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

Email: 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

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

Email: 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

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

Email: 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

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

Email: 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

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

Email: 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

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

Email: 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#

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

Email: 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

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

Email: 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

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

Email: 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

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

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

Email: 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

Email: 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

Email: 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

Email: info@ottiaq.org

Services: Professional order. * Directory of member professionals: ottiaq.org/en/find-a-member * Online complaint form: 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

Email: 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

Email: info@opiq.qc.ca

Services: Professional order. * Find a professional: prive.opiq.qc.ca/webprive/Tableau_Acces.aspx * Complaint form: 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

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

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

Email: 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

Email: 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

Email: 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

Email: 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

Email: accueil@sphq.org

Services: * Promotion of homeopathy. * Information. * Protection of the population. * Referral to homeopaths: 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

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: 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

Email: 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

Email: 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

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

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

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

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

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

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

Email: 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

Email: 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

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

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 * 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

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

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

Email: 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

Email: 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

Email: 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**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**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**Email:** 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

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

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

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

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

ÉDUC'ALCOOL

606 Cathcart Street, Suite 210, Ville-Marie, Montréal, QC, H3B 1K9

1 888 252-6651

Website: www.educalcool.qc.ca/en

Email: 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 * Tool to support event organizers: 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

Email: 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

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

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

Email: 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

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

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

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 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

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

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

Email: 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

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

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

Email: 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/

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

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

Services: Hospital providing general, specialized and surspecialied 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

Email: 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

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

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

Email: 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

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

Email: 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

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

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

ARBORESCENCE

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2

514 524-7131

Website: www.arborescence.quebec/en

Email: 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

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

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

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

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

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

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/

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**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**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**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

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 PROFESSIONNEL DES SEXOLOGUES DU QUÉBEC

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

1 855 386-6777

Website: 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

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

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

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.taq.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

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

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

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

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

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

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

Services: Crisis phone line. * Support and referral. * Mental health counselling and crisis intervention online chat: 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

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**Email:** 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 * 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**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

MCGILL STUDENTS' NIGHTLINE

Confidential Address

514 398-6246

Website: nightline.ssmu.ca

Email: 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

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

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

Email: 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

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 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

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/

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

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

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

Email: 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

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

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

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

Email: 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

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

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

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

Email: 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

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

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

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

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

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

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

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

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

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

Email: 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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

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

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

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

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

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/

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

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

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

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

Email: 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

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 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

Email: 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

Email: 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

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

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

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

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

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

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

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

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

Email: 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 * 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

Email: 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

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

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

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

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

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

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

Email: 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

Email: 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

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

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

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

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

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 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

Email: 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

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

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

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

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

ALTERHÉROS

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

Website: alterheros.com/en

Email: 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

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

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

CONSEIL QUÉBÉCOIS LGBT

Confidential Address

514 759-6844

Website: conseil-lgbt.ca

Email: 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

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

Email: 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 * 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

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

JEUNESSE LAMBDA

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

514 543-6343

Website: www.jeunesselambda.com

Email: 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

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

Email: 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

Email: 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

Email: 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

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

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

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

Email: 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

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

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

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

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

YWCA MONTRÉAL

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

514 866-9941 Fax: 514 866-4866

Website: www.ydesfemmesmtl.org/en

Email: 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

Email: 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

Email: 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

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

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

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

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

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

Email: 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

Email: 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

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

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

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

Email: 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

Email: 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/

Email: 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

Email: 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

Email: 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

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

Email: 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

Email: 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
Email: 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

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
Email: 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
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

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: 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 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

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

Email: 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

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

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

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

JEUNESSE LAMBDA

1575 Atateken Street, Ville-Marie, Montréal, QC, H2L 3L4

514 543-6343

Website: www.jeunesselambda.com

Email: 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

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

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

Email: 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

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

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

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

Email: 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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

SOCIÉTÉ DU PARC JEAN-DRAPEAU

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

514 872-6120

Website: www.parcjeandrapeau.com/en

Email: 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

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

YWCA MONTRÉAL

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

514 866-9941 Fax: 514 866-4866

Website: www.ydesfemmesmtl.org/en

Email: 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

Email: 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

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

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

Email: 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

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

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

Email: 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

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

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

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

Email: 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

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 * 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 * 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 * 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

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

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
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

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
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

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

Email: 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

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

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

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

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

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

DOWNTOWN YMCA

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

514 687-9622

Website: www.ymcaquebec.org/en/Find-a-Y/Downtown-YMCA

Email: 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/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

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

Email: 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

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

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

OXY-JEUNES

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

514 728-5297

Website: www.oxy-jeunes.com

Email: 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

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

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 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

Email: 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

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

Email: 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

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

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

YWCA MONTRÉAL

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

514 866-9941 Fax: 514 866-4866

Website: www.ydesfemmesmtl.org/en

Email: 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

Email: 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

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

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

Email: 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

Email: 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

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

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

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

BIBLIOTHÈQUES DE MONTRÉAL - VILLE DE MONTRÉAL

801 Brennan Street, Ville-Marie, Montréal, QC, H3C 0G4

Website: 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

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

BLACK FLAG COMBAT CLUB

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

Website: inclusionsport.org/black-flag-combat-club

Email: 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

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

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

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

INCLUSION SPORT

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

Website: inclusionsport.org

Email: 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

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 JURIPOPOP. * 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

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

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

Email: 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

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

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 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

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

GO JEUNESSE

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

514 872-7948

Website: www.gojeunesse.org

Email: 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-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

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

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

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

DANS LA RUE - CHEZ POPS

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

1 888 520-7677

Website: danslarue.org/en/

Email: 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

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

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

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

Email: 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

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

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

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

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

Email: 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

Email: 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

Email: 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

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

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

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

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

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

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-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

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

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

Email: 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 * 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

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

PROJET TRIP

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

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

Email: 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

Email: 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

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

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

Email: 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

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

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

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

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

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

Email: 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

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

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

Email: 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 * 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

Email: 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

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

Email: 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

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'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

Email: 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

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

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

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

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

Email: 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

Email: 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 * 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

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 * 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

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

RÉSEAU D'AUTODÉFENSE FÉMINISTE

1963 Ontario Street East, Ville-Marie, Montréal, QC, H2K 1V2

Website: inclusionsport.org/about-3

Email: 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

Email: 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

Email: 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

Email: 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

Email: 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/

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

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

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 * 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

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

Email: 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

Email: 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

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

SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY

680 Sherbrooke Street West, Suite 150, Ville-Marie, Montréal, QC, H3A 0B8

Website: www.sacomss.org

Email: 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

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

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

Email: 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

Email: 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

Email: 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

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

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

MOUVEMENT COMMUNITAS

1444 Union Avenue, Ville-Marie, Montréal, QC, H3A 2B8

514 244-6147

Website: communitasmontreal.org

Email: 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

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

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

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

Email: 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

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/

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

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

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

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

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 * 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

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

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

Email: 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

Email: 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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: www.canada.ca/en/services/benefits/finder.html * Job bulletin board: 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 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

Email: 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

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

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

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

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

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

ARBORESCENCE

1260 Sainte-Catherine Street East, Suite 208, Ville-Marie, Montréal, QC, H2L 2H2

514 524-7131

Website: www.arborescence.quebec/en

Email: 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

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 POUR HOMMES DE MONTRÉAL

2240 Fullum Street, 2nd floor, Ville-Marie, Montréal, QC, H2K 3N9

1 833 673-2746

Website: www.crhmontreal.ca

Email: 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

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

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

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

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

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

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

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

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

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

INTERLIGNE

Confidential Address

514 866-0103

Website: interligne.co/en

Email: 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 * 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

Email: 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

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

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

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