

211

**DIRECTORY OF
SOCIAL AND COMMUNITY
RESOURCES**

MONTRÉAL / MONTRÉAL / VILLERAY—SAINT-MICHEL—PARC-EXTENSION



2-1-1



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Summary

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Child, Youth and Family

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

MISSING CHILDREN'S NETWORK CANADA

950 Beaumont Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V5
1 833 632-4673 Fax: 514 843-8211

Website: www.missingchildrensnetwork.ngo

Email: info@missingchildrensnetwork.ngo

Services: * Workshops on preventing abductions and missing cases. * Information over the phone and on site.
 * Assistance with administrative and legal procedures related to missing cases. * Creation and distribution of search notices. * SHINE : Runaway and sexual exploitation prevention program in schools.

Eligibility: parents, children and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: campagnes de financement, dons

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

Daycare and respite

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening.
 * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

DIABETIC CHILDREN'S FOUNDATION

6855 de l'Épée Street, Suite 302, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

1 800 731-9683

Website: diabete-enfants.ca/en

Email: info@diabete-enfants.ca

Services: Meeting and support space for youth living with type 1 diabetes and their family. * Sharing meetings for parents and youth. * Information on the management of type 1 diabetes. * Dinner meetings and virtual-coffee meetings. * FRED squad: respite and babysitting. * Vacation camp. * Activities: family symposium, Christmas party, etc.

Eligibility: people 17 years old and under living with type 1 diabetes, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

Family Support

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon West Street, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 546-9224

Website: defillesetdesailes.ca

Email: info@defillesetdesailes.ca

Services: Sociocultural accompaniment for teenagers. * Listening and support. * Family mediation. * Intercultural accompaniment. * Parenting skills workshops. * Prevention.

Eligibility: families, teenagers

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Sreet, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

JOUJOUTHÈQUE SAINT-MICHEL

9480 Irène-Joly Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4L2

514 381-9974

Website: lajoujouthequestmichel.qc.ca

Email: joujouthequestmichel@bellnet.ca

Services: * Loan of toys and books. * Parent-child workshops and activities. * Parental accompaniment.

Eligibility: children 0 to 12 years old and their parents

Capacity: 15

Coverage area: parent-child activities: Saint-Michel, loan of toys: Montréal Island

Hours: variable, see the website

Fees: membership: \$5

Financing: provincial, Centraide du Grand Montréal

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - SERVICE POINT OF PARC-EXTENSION

7867 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B9

514 507-9123 Fax: 514 507-7950

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, prenatal courses, immigration information groups and children groups.

Eligibility: pregnant individuals in vulnerable situation, their families

Capacity: limited: 5 to 7 new clients per month

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MON RESTO SAINT-MICHEL - GROUPE DE SOUTIEN POUR LES PARENTS

4201 Robert Boulevard, Apartment 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1Z4

514 376-3218 Fax: 514 376-3218

Website: en.monrestosaintmichel.org/enfance-famille

Email: monresto@videotron.ca

Services: Support groups for parents. * Childcare available.

Eligibility: parents of children of preschool or elementary school age

Coverage area: Saint-Michel, Villeray, Parc-Extension, Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

PREMIÈRE RESSOURCE, AIDE AUX PARENTS

Confidential Address

1 866 329-4223

Website: premiereressource.com/en

Email: consultation@premiereressource.com

Services: Counselling service for parent-child relationships. * Confidential and professional consultation by phone, email or chat with possible follow-up. * Presentations and mobile clinics in organizations and schools. * PRAP Hour: virtual discussion groups between parents about specific topics. * Varied articles, frequently asked questions and video clips on the website. * Documentation: booklets, cards and flyers.

Eligibility: parents, step-parents, children, teens, extended family members, professionals working in intervention

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: none

Financing: provincial, donations, grants

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

Juvenile Delinquency

AMIS DU MONDE

Confidential Address

514 969-7301

Website: www.lesamisdumonde.org

Email: amisdumonde737@gmail.com

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

Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Hours: by appointment only

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 30 - SAINT-MICHEL

8930 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H9

514 280-0130 Fax: 514 280-0630

Website: spvm.qc.ca/en/PDQ30

Email: pdq30@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 31 - VILLERAY, PARC-EXTENSION

8225 de l'Esplanade Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2R5

514 280-0131 Fax: 514 280-0631

Website: spvm.qc.ca/en/PDQ31

Email: pdq31@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: Villeray, Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Maternity support and adoption

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

CLSC DE PARC-EXTENSION

7085 Hutchison Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9

514 273-9591

Website: sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=31215

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Prenatal classes.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h00 to 17h00, test centre: Monday to Friday 7h30 to 15h30

Financing: provincial

Legal status: parapublic organization

CLSC DE VILLERAY

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 376-4141

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Breast pump (rental). * Wheelchair. * Minor surgery. * Breastfeeding room. * Prenatal classes. * Contraception. * General vaccination. * Test centre. * SIDEP: Integrated STI screening and prevention service. * Distribution of injection equipment to people who use drugs.

Coverage area: Montréal Island

Hours: Monday 9h30 to 16h00, Tuesday to Friday 8h00 to 19h30, Saturday, Sunday 8h00 to 15h30, sampling: Monday to Friday 7h00 to 12h00

Financing: provincial

Legal status: parapublic organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - SERVICE POINT OF PARC-EXTENSION

7867 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B9

514 507-9123 Fax: 514 507-7950

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, prenatal courses, immigration information groups and children groups.

Eligibility: pregnant individuals in vulnerable situation, their families

Capacity: limited: 5 to 7 new clients per month

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

NOURRI-SOURCE - MONTRÉAL

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 948-5160

Website: nourrisourcemontreal.org/en

Email: direction@nourrisourcemontreal.org

Services: * Telephone pairing of mothers with breastfeeding godmothers: support, information. * Face-to-face and virtual breastfeeding drop-in. * Breast pump rental. * Prenatal breastfeeding preparation course. * Neighbourhood meetings. * Training. * Outreach activities, promotion of breastfeeding.

Eligibility: mothers, fathers and families of breastfed babies

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

REGROUPEMENT NAISSANCES RESPECTÉES

469 Jean-Talon Street West, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 392-0308

Website: naissancesrespectees.org

Email: info@naissancesrespectees.org

Services: Grouping of organizations working on humanizing the perinatal period. * Information and referral. * Referral to breastfeeding peer support and childbirth services. * Promotion of midwifery services. * Training for counsellors.

Eligibility: women and people giving birth, families, perinatal organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

Parenting Education

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon West Street, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224

Website: defillesetdesailes.ca

Email: info@defillesetdesailes.ca

Services: Sociocultural accompaniment for teenagers. * Listening and support. * Family mediation. * Intercultural accompaniment. * Parenting skills workshops. * Prevention.

Eligibility: families, teenagers

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations
Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 271-7563 Fax: 514 271-3629
Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2
514 376-1845
Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3
514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

LUDIC - LOISIRS UNIQUES POUR LE DÉVELOPPEMENT ET L'INCLUSION DANS LA COMMUNAUTÉ

660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 721-3663

Email: coordination@ludicmontreal.org

Services: Adapted leisure activities for children with learning difficulties or special needs and their families. * Weekend family leisure activities. * Summer day camp.

Eligibility: children aged 5 to 18 years old with learning difficulties or special needs and their families

Coverage area: île de Montréal

Hours: activities: Saturday and Sunday, summer day camp: Monday to Friday

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

PREMIÈRE RESSOURCE, AIDE AUX PARENTS

Confidential Address

1 866 329-4223

Website: premiereressource.com/en

Email: consultation@premiereressource.com

Services: Counselling service for parent-child relationships. * Confidential and professional consultation by phone, email or chat with possible follow-up. * Presentations and mobile clinics in organizations and schools. * PRAP Hour: virtual discussion groups between parents about specific topics. * Varied articles, frequently asked questions and video clips on the website. * Documentation: booklets, cards and flyers.

Eligibility: parents, step-parents, children, teens, extended family members, professionals working in intervention

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: none

Financing: provincial, donations, grants

Legal status: non-profit organization

Recreational Activities

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

JOUJOUTHÈQUE SAINT-MICHEL

9480 Irène-Joly Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4L2

514 381-9974

Website: lajoujouthequestmichel.qc.ca

Email: joujouthequestmichel@bellnet.ca

Services: * Loan of toys and books. * Parent-child workshops and activities. * Parental accompaniment.

Eligibility: children 0 to 12 years old and their parents

Capacity: 15

Coverage area: parent-child activities: Saint-Michel, loan of toys: Montréal Island

Hours: variable, see the website

Fees: membership: \$5

Financing: provincial, Centraide du Grand Montréal

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscm.qc.ca

Email: lscm@lscm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

LUDIC - LOISIRS UNIQUES POUR LE DÉVELOPPEMENT ET L'INCLUSION DANS LA COMMUNAUTÉ

660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 721-3663

Email: coordination@ludicmontreal.org

Services: Adapted leisure activities for children with learning difficulties or special needs and their families. * Weekend family leisure activities. * Summer day camp.

Eligibility: children aged 5 to 18 years old with learning difficulties or special needs and their families

Coverage area: île de Montréal

Hours: activities: Saturday and Sunday, summer day camp: Monday to Friday

Fees: variable

Financing: self-financing

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523

Website: montreal.ca/en/places/bibliotheque-le-prevost

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access, printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Introduction to Internet workshops. * Workshops, conferences, exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PETITE MAISON (LA)

8551 Allée Léo Bricault, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4E7

514 722-4983

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Prevention and education workshops. * Academic support and student retention program. * Recreational, sport and educational activities. * Outings and celebrations.

Eligibility: children 6 to 12 years old and their families

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 19h00

Financing: grants, donations

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

Youth Centres and Support**ALLÉE ROBERT (L')**

4294 Robert Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 727-2642

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Social, recreational, cultural and sport activities. * Events and outings. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 20h30

Financing: grants, self-financing, donations

Legal status: non-profit organization

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

4121 42nd Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 376-1581 Fax: 514 376-7642

Email: allianceth@hotmail.com

Services: Organization that supports youth and people living with mental health issues through the performing arts and cultural integration. * Theatre and cinematographic production. * Theatrical creation for youth living with a mental health problem. * Training and awareness regarding diversity.

Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

7060 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G8

514 872-0294

Website: jupx.org

Email: mdj-ju-direction@videotron.ca

Services: Youth centre aiming to promote the integration of young people into Québec society. * Recreational and sports activities. * Assistance with homework. * Girls only activities. * Educational workshops: movies and healthy cooking.

Eligibility: youth 12 to 17 years old

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 15h30 to 20h30

Fees: none

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

GRANDE PORTE (LA)

8649 24th Avenue, Suite 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: * Living environment, animation, activities and support for youth. * Stimulation and support for children. * Youth socioprofessional integration program. * Youth prevention services. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 25 years old, adults, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscsm.qc.ca

Email: lscsm@lscsm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PETITE MAISON (LA)

8551 Allée Léo Bricault, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4E7

514 722-4983

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Prevention and education workshops. * Academic support and student retention program. * Recreational, sport and educational activities. * Outings and celebrations.

Eligibility: children 6 to 12 years old and their families

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 19h00

Financing: grants, donations

Legal status: non-profit organization

RELAIS (LE)

2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * School support. * Social, sporting, recreational and cultural activities. * Outings, camps. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 12h00 to 13h00 and 15h45 to 18h00

Financing: grants, donations

Legal status: non-profit organization

TRANS-ART 2000

6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W6

514 989-5973 Fax: 514 989-8985

Website: trans-art2000.org

Email: transart2000@bellnet.ca

Services: Multicultural place for access to culture, education and social services through performing arts promoting social integration and psychosocial motivation. * Promotion of culture, education and social services. * Visual arts.

Eligibility: youth 13 to 30 years old of all origins

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

YOUTH FUSION

1200 Crémazie East Boulevard, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 3A6

514 657-7630

Website: fusionjeunesse.org/en/home

Email: info@fusionjeunesse.org

Services: * Countering school drop-out by creating links between the school system and the community. * Establishment of educational, practical and innovative projects for primary and secondary youth. * Projects request platform: fusionjeunesse.org/en/projectsselectionplatform/?section=allochtone

Eligibility: young people at risk of dropping out

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

Legal status: non-profit organization

Youth Employment**CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD**

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - POINT DE SERVICE VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A5

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search assistance. * Academic and professional information. * School perseverance. * Project development and civic involvement. * Multiservice computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Employer services.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-MICHEL

3565 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2G1

514 570-7084

Website: cje-centrenord.com/services/entrepreneuriat

Email: coopstmichel@cje-centrenord.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Saint-Michel

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 224-5998

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdesjeunesdevilleray@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Villeray

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

EMPLOI JEUNESSE

205 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 495-6571 Fax: 514 277-8919

Website: www.emploi-jeunesse.org

Email: info@emploi-jeunesse.org

Services: * Personalized job search assistance: accompaniment, needs assessment, cover letter and resume writing, interview simulation. * Assistance in returning to school. * Meeting of potential employers. * Possibility of paid internships in companies. * Work Intergration Training: recruitment assistance for employers and integration assistance for employees. * Access to a multi-service room: computers, internet, printers. * Arts and community projects.

Eligibility: people 16 to 35 years old

Capacity: 15 to 20 people per month

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 18h30

Fees: none

Financing: provincial, self-financing, federal

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC

8110 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2

514 598-7319 Fax: 514 598-0977

Website: www.ijq.qc.ca

Email: info@ijq.qc.ca

Services: * Job assistance and placement. * Paid internships. * Specific services for newcomers. * Work-study vocational training programs. * Lifeguard training. * Video game tester trainer. * Support and guidance in some adult education centres. * Institut de Quincaillerie du Québec: improvement training for hardware stores and construction materials centres' sales advisors www.institutquincaillerie.com

Eligibility: unemployed people 16 to 35 years old, newcomers (citizens, permanent residents and people with an open work permit or spouses or common-law partners of a person with an open work permit) searching for work

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

MOTIVATION-JEUNESSE 16-18 INC.

8200 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8

514 596-5400

Website: motivationjeunesse.com

Email: reception@motivationjeunesse.com

Services: Study and internship co-op program. * Academic assistance. * Basic subjects courses: French, mathematics secondary levels 2 and 3 and English secondary levels 2, 3 and 4. * Psychosocial support. * Parental support. * Employment training and workplace internship. * Educational, cultural and sporting activities.

Eligibility: young potential dropouts and returners 16 to 18 years old with learning difficulties

Capacity: 45

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

SERVICE GRÉ

3101 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1V6

514 721-1747

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Youth prevention service for teenagers and young adults. * Individual accompaniment and support. * Creation of a support network.

Eligibility: youth 16 to 25 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, donations

Legal status: non-profit organization

Youth Shelters and Support

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon West Street, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 546-9224

Website: defillesetdesailes.ca

Email: info@defillesetdesailes.ca

Services: Sociocultural accompaniment for teenagers. * Listening and support. * Family mediation. * Intercultural accompaniment. * Parenting skills workshops. * Prevention.

Eligibility: families, teenagers

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

GRANDE PORTE (LA)

8649 24th Avenue, Suite 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: * Living environment, animation, activities and support for youth. * Stimulation and support for children. * Youth socioprofessional integration program. * Youth prevention services. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 25 years old, adults, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Community Action

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

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

ALLIANCE OF CULTURAL COMMUNITIES FOR EQUALITY IN THE HEALTH AND SOCIAL SERVICES

7000 du Parc Avenue, Suite 408, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 287-1106 Fax: 514 287-7443

Website: accesss.net

Email: accesss@accesss.net

Services: Coalition of community organizations working with people from cultural communities in health and social services. * Promotion of the accessibility of government programs and services. * Training and information sessions. * Multilingual written and audio materials on COVID-19 vaccination:

accesss.net/documents-multilingues-sur-la-vaccination-contre-la-covid-19/

Eligibility: community organizations serving cultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

ASSOCIATION DES INTERVENANTS EN DÉPENDANCE DU QUÉBEC

7240 Waverly Street, Suite 207, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 287-9625 Fax: 514 287-9649

Website: aidq.org

Email: info@aidq.org

Services: Provincial network aimed at supporting and evolving addiction-related intervention practices. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * Training * Skills development, coordination and sharing of expertise. * Distribution of informational and prevention material, documentation centre.

Eligibility: stakeholders of all sectors interested in the field of addictions in Québec

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES DE PERSONNES HANDICAPÉES DU QUÉBEC

7000 du Parc Avenue, Suite 414-C, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 284-0155 Fax: 514 543-2709

Website: cophan.org

Email: laurie.rodamel@cophan.org

Services: * Dissemination of information. * Rights and interests advocacy. * Space for networking and discussions between the organizations. * Political representation.

Eligibility: organizations gathering people with all types of disabilities and their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual contribution

Financing: contributions, grants

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: contributions, grants

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE SOLIDARITÉS VILLERAY

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 279-0117

Website: www.solidaritesvilleray.org

Email: cdc@solidaritesvilleray.org

Services: Multisectorial and inter-network round table involved in fields related to poverty, social inequality and local, social and economic development. * Improvement of connections between cultural communities in the neighbourhood. * Villeray dans l'Est project trustee.

Eligibility: community organizations

Coverage area: Villeray: postal codes starting with H2R, H2P, H2E

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

DÉPHY MONTRÉAL

Confidential Address

514 255-4888

Website: dephy-mtl.org

Email: info@dephy-mtl.org

Services: Grouping of organizations advocating for people living with disabilities. * Collaboration. * Networking. * Community action. * Representation.

Eligibility: organizations advocating for people living with physical or sensory disabilities

Coverage area: Montréal Island

Hours: Monday to Thursday 8h00 to 17h00

Financing: provincial

Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

DOCTORS OF THE WORLD CANADA

560 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8
1 833 896-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Medical and paramedical humanitarian aid abroad. * Local intervention programs.

Eligibility: vulnerable population, migrants without medical coverage

Coverage area: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, triage: Thursday 9h30 to 12h00 (limited capacity, first come first served), clinic for migrants without medical coverage: Monday 17h00 to 20h00

Fees: none

Financing: donations, federal, provincial, membership fees

Legal status: non-profit organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8
514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

FÉDÉRATION DES ASSOCIATIONS DE FAMILLES MONOPARENTALES ET RECOMPOSÉES DU QUÉBEC

584 Guizot Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1N3

514 729-6666 Fax: 514 729-6746

Website: fafmrq.org

Email: fafmrq.info@videotron.ca

Services: Advocacy and promotion of the rights and interests of single-parent and stepfamilies. * Partnerships for research, editing of publications. * Support for member organizations: training and information. * Political representation, pressure group.

Eligibility: single-parent families and stepfamilies

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial, contributions

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fightinh poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MAISON PARENT-ROBACK

469 Jean-Talon Street West, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-1355 Fax: 514 878-4409

Website: la-mpr.qc.ca

Email: coordination@la-mpr.qc.ca

Services: * Rooms for women's community organizations. * Meeting room rental. * Advocacy of rights and interests for women. * Coordination and mobilization.

Eligibility: community organizations for women, women

Capacity: 80

Coverage area: Province of Québec

Financing: self-financing, provincial, federal

Legal status: non-profit organization

MOUVEMENT SANTÉ MENTALE QUÉBEC

911 Jean-Talon Street East, Suite 326, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 849-3291 Fax: 514 849-8372

Website: www.mouvementsmq.ca

Email: info@mouvementsmq.ca

Services: Mental health awareness campaign. * Dissemination of material. * Support to regional members. * Information and referral. * Workshops and conferences.
Eligibility: youth, adults, seniors, workplaces
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: fees for promotional material orders
Financing: grants, donations, self-financing
Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 273-8535 Fax: 514 273-9190
Website: patrovilleray.ca
Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 554-1272
Website: apc-canada.com
Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PROJET D'AMÉNAGEMENT RÉSIDENTIEL ET INDUSTRIEL

7501 François-Perreault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1
514 727-0914
Website: sites.google.com/paristmichel.com/pari/pari-st-michel
Email: info@paristmichel.com

Services: * Improvement of residents' quality of life. * Consultation and projects development. * Marché Solidaire Saint-Michel: fresh and affordable food in François-Perreault park. * Marché Solidaires Michelois. * Jardins des Patriotes: greening, embellishment and gardening on the Louis-Joseph-Papineau school's field. * Rent of reusable dishes for eco-responsible events. * Verdir Saint-Michel un arbre à la fois: planting trees on residential lots.

Eligibility: general population

Coverage area: Saint-Michel

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00 and 13h00 to 19h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, grants, municipal

Legal status: non-profit organization

R DES CENTRES DE FEMMES DU QUÉBEC (L')

469 Jean-Talon Street West, Suite 418, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 876-9965

Website: rcentres.qc.ca/en

Email: info@rcentres.qc.ca

Services: Promotion and development of the network of women's centres in Québec. * Representation in centres' claims and procedures. * Development of cooperation between women's centres. * Promotion of women's rights in all aspects of women's condition. * Referral to women's centres.

Eligibility: women's centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES TRAUMATISÉES CRANIOCÉRÉBRALES DU QUÉBEC

911 Jean-Talon Street East, Suite 134, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5
514 543-4800

Website: www.connexiontccqc.ca

Email: info@connexiontccqc.ca

Services: * Representation in terms of needs and services. * Association, support and coordination.

Eligibility: people with a brain injury, their relatives, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS POUR LE TRAVAIL DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9
514 575-0300

Website: rocqtr.org

Email: info@rocqtr.org

Services: Coordination for community organizations doing street work. * Representation. * Promotion of street work.

Eligibility: community organizations doing street work

Coverage area: Province of Québec

Fees: variable

Financing: membership fees, provincial

Legal status: non-profit organization

REGROUPEMENT POUR LA VALORISATION DE LA PATERNITÉ

7245 Clark Street, Suite 301, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 528-9227

Website: www.rvpaternite.org

Email: info@rvpaternite.org

Services: * Su-père conférence: annual seminar to raise awareness among social workers on the reality of being a father. * Semaine québécoise de la paternité: event promoting the importance of paternal involvement. * Partner in research, training and intervention projects. * Various representations.

Eligibility: people and organisations committed to promoting fatherhood

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

RELAIS-FEMMES

469 Jean-Talon Street West, Suite 412, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-1212

Website: www.relais-femmes.qc.ca

Email: relais@relais-femmes.qc.ca

Services: Documentation centre on women's status. * Training and assistance. * Research. * Liaison and consultation.

Eligibility: community and women groups, universities, institutions

Coverage area: Canada

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

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

Legal status: non-profit organization

RÉSEAU D'ACTION POUR L'ÉGALITÉ DES FEMMES IMMIGRÉES ET RACISÉES DU QUÉBEC

7000 du Parc Avenue, Suite 306, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 849-3956

Website: rafiq.ca

Email: accueil@rafiq.ca

Services: Advocacy organization for immigrant women. * Emancipation and empowerment. * Promotion of concertation between immigrant women. * Encourage research and action research. * Sharing of knowledge and practices. * Training and mobilization. * Promotion of gender equality.

Eligibility: immigrant women, racialized women, women facing a difficult situation

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, contributions

Legal status: non-profit organization

RÉSEAU QUÉBÉCOIS DE L'ACTION COMMUNAUTAIRE AUTONOME

469 Jean-Talon Street West, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 845-6386

Website: rq-aca.org

Email: info@rq-aca.org

Services: Representation, consultation, mobilization and research on autonomous community action.

Eligibility: autonomous community action organizations

Capacity: 69 national groupings

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Financing: contributions, grants

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5
514 722-7747

Website: www.sportloisirmontreal.ca

Email: info@sportloisirmontreal.ca

Services: Support for the development and promotion of sport, recreation, physical activity and outdoors. * Accompaniment, training and financial aid.

Eligibility: non-profit organizations, neighbourhoods, municipalities, educational institutions, schools and sport and recreation stakeholders

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: provincial

Legal status: non-profit organization

TABLE DE QUARTIER DE PARC-EXTENSION

6830 Parc Avenue, Suite 537 and 516, 5th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 543-6063

Website: www.parcex.org/en

Email: info@parcex.org

Services: Grouping of local social actors seeking to improve the quality of life and the living conditions of citizens and to promote their rights and collective interests. * Implementation of the Collective Impact Project (CIP) in Park Extension. * Mobilisation of the neighbourhood stakeholders and competent authorities. * Promotion of the participation and mobilisation of residents. * Park Extension Information Office (BIPE): access point to the community resources of the neighbourhood.

Eligibility: residents, community organisations, institutions

Coverage area: Park Extension

Financing: municipal, provincial, Centraide du Grand Montréal

Legal status: non-profit organization

VIVRE SAINT-MICHEL EN SANTÉ

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 955-4187

Website: vivre-saint-michel.org

Email: info@stmichelensante.org

Services: Round table gathering citizens, community organizations, financial institutions and businesses from Saint-Michel to improve the quality of life of the area, as well as social and economic development of the population.

Eligibility: citizens, community organizations, financial institutions, businesses

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, foundations

Legal status: non-profit organization

Charity Organizations**DOCTORS OF THE WORLD CANADA**

560 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

1 833 896-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Medical and paramedical humanitarian aid abroad. * Local intervention programs.

Eligibility: vulnerable population, migrants without medical coverage

Coverage area: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, triage: Thursday 9h30 to 12h00 (limited capacity, first come first served), clinic for migrants without medical coverage: Monday 17h00 to 20h00

Fees: none

Financing: donations, federal, provincial, membership fees

Legal status: non-profit organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

EN COEUR, FONDATION QUÉBÉCOISE POUR LES ENFANTS MALADES DU COEUR

8585 Saint-Laurent Boulevard, Suite 310, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9
514 737-0804 ext. 101 Fax: 514 737-2194

Website: en-coeur.org

Email: encoeur@en-coeur.org

Services: * Information and financial support. * Public awareness. * Active contribution to the improvement of medical services in pediatric cardiology and congenital cardiology for adults. * Social activities. * Publications: books and pamphlets.

Eligibility: children with heart diseases, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

Community centres**BRIQUE PAR BRIQUE - CENTRE CULTUREL**

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscsm.qc.ca

Email: lscsm@lscsm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

Community development

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE SOLIDARITÉS VILLERAY

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 279-0117

Website: www.solidaritesvilleray.org

Email: cdc@solidaritesvilleray.org

Services: Multisectorial and inter-network round table involved in fields related to poverty, social inequality and local, social and economic development. * Improvement of connections between cultural communities in the neighbourhood. * Villeray dans l'Est project trustee.

Eligibility: community organizations

Coverage area: Villeray: postal codes starting with H2R, H2P, H2E

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

438 381-6372 Fax: 438 381-9777

Website: www.maison-sourds.org

Email: mdsaide202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$45 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

MAISON PARENT-ROBACK

469 Jean-Talon Street West, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-1355 Fax: 514 878-4409

Website: la-mpr.qc.ca

Email: coordination@la-mpr.qc.ca

Services: * Rooms for women's community organizations. * Meeting room rental. * Advocacy of rights and interests for women. * Coordination and mobilization.

Eligibility: community organizations for women, women

Capacity: 80

Coverage area: Province of Québec

Financing: self-financing, provincial, federal

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Parc-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5

514 722-7747

Website: www.sportloisirmontreal.ca

Email: info@sportloisirmontreal.ca

Services: Support for the development and promotion of sport, recreation, physical activity and outdoors. * Accompaniment, training and financial aid.

Eligibility: non-profit organizations, neighbourhoods, municipalities, educational institutions, schools and sport and recreation stakeholders

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: provincial

Legal status: non-profit organization

Information and referral

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL

7501 François-Perrault Street, Suite 120, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Phone line for information and referral on programs, services and resources for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Conferences on rights. * Tax clinic. * Advice and support.

Eligibility: people 50 years old and over

Coverage area: Anjou, Saint-Léonard, Saint-Michel, Villeray, ITMAV: Saint-Michel

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

FÉDÉRATION DU QUÉBEC POUR LE PLANNING DES NAISSANCES

469 Jean-Talon Street West, Suite 335, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 866-3721

Website: www.fqpn.qc.ca

Email: info@fqpn.qc.ca

Services: * Information, referral and awareness-raising on family planning, infertility, sexual health, abortion, access to reproductive health care and contraception. * Production of educational tools, training, workshops, conferences and symposia. * Online directory of resources on abortion, vasectomy, IUD insertion and STBBI screening: <https://fqpn.qc.ca/trouver-de-laide>

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

PARK EXTENSION INFORMATION OFFICE

419 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

438 405-6278

Website: www.parcex.org/en/bipe

Email: bipe@parcex.org

Services: Multilingual centre of referral towards Park-Extension's resources and of accompaniment of the neighbourhood's residents. * Information on the neighbourhood and its services. * Referral toward Park Extension's community organizations and social services. * Accompaniment in the procedure to reach services.

Eligibility: residents

Coverage area: Park Extension

Hours: Monday and Friday 12h00 to 16h00, Tuesday to Thursday 10h00 to 14h00

Fees: none

Financing: municipal, provincial, Centraide du Grand Montréal, foundations

Legal status: non-profit organization

REGROUPEMENT NAISSANCES RESPECTÉES

469 Jean-Talon Street West, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 392-0308

Website: naissancesrespectees.org

Email: info@naissancesrespectees.org

Services: Grouping of organizations working on humanizing the perinatal period. * Information and referral. * Referral to breastfeeding peer support and childbirth services. * Promotion of midwifery services. * Training for counsellors.

Eligibility: women and people giving birth, families, perinatal organizations

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

SERÉNA QUÉBEC

469 Jean-Talon Street West, Suite 420, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 273-7362 Fax: 514 273-7532

Website: serenaquebec.com/en

Email: coordination@serenaquebec.com

Services: Information service on menstrual cycle health, natural contraception, natural conception, the return of fertility after birth and perimenopause. * Learning workshops. * Conferences and informal talks. * Individualized follow-up. * Professional training. * Resources and online store.

Eligibility: anyone wishing to get a better understanding of the menstrual cycle and to manage their fertility naturally, health care professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

AMIS DU MONDE

Confidential Address

514 969-7301

Website: www.lesamisdumonde.org

Email: amisdumonde737@gmail.com

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

Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Hours: by appointment only

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

ATELIER CULTURE VÉLO

7930 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2

514 775-4049

Website: atelierculturevelo.ca

Email: info@atelierculturevelo.ca

Services: Promotion and improvement of the economical and social access to cycling as an active, affordable, ecological and empowering mode of transportation, and prevention of the social isolation and marginalization of the population of Park-Extension. * Self-service bike repair workshop and supervised do-it-yourself service. * Bike repair and bike tune-up services, by appointment:

book.timify.com/services?accountId=606099885b0016118df91f73&hideCloseButton=true * Annual Spring sale of refurbished bikes. * Bike course for women. * Popular education.

Eligibility: general public, families, people of diverse sexuality and gender identity, marginalized populations

Capacity: depending on the available volunteers and the complexity of the repairs

Coverage area: Montréal Island

Hours: variable, bike repair and tune-up services: by appointment, free-access workshop, small repairs and learning: Wednesday 18h00 to 20h00 or see the schedule on Facebook

Fees: free-access workshop and supervised do-it-yourself service: \$24 per year and \$1 per hour, bike repair and tune-up services: \$5 per year

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

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

I'MMIGRANT

Confidential Address

Website: immigrantcanada.org

Email: info@immigrantcanada.org

Services: * English conversation club. * French conversation club. * Photo and video projects. * Cultural events. * Expert advice. * Information on adult education in Québec. * Support platform for Ukrainian newcomers.

Eligibility: refugees, expatriates, international students, and immigrants

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Park-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

RÉSEAU DE L'ACTION BÉNÉVOLE DU QUÉBEC

7000 du Parc Avenue, Suite 400, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 496-4004 Fax: 514 272-7005

Website: www.rabq.ca

Email: info@rabq.ca

Services: * Provincial coordination of volunteer organizations. * Promotion and support for the development of volunteerism.

Eligibility: volunteer organizations

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, membership fees

Legal status: non-profit organization

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5

514 722-7747

Website: www.sportloisirmontreal.ca

Email: info@sportloisirmontreal.ca

Services: Support for the development and promotion of sport, recreation, physical activity and outdoors. * Accompaniment, training and financial aid.

Eligibility: non-profit organizations, neighbourhoods, municipalities, educational institutions, schools and sport and recreation stakeholders

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: provincial

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****LANGUAGE DISORDERS****MOBILITY AIDS****PARATRANSIT****RECREATION AND CAMPS****RESPITE SERVICES AND HOUSING****SUPPORT ASSOCIATIONS****SUPPORT AND INTEGRATION ORGANIZATIONS****THE BLIND****THERAPY AND REHABILITATION CENTRES**

Adapted work and employability support

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2
514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

6833 De l'Épée Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7
514 282-1222

Website: montreal.dressforsuccess.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of business style clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4
514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE SAINT-MICHEL

7701 Leonardo da Vinci Avenue, Suite 111, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 0A1

514 593-7344 Fax: 514 593-4537

Website: entraidesaintmichel.org

Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration. * Support, self-help and personal growth. * Recreational, educational and practical activities. * Punctual monitoring, active listening, referral.

Eligibility: people 18 years and over with mental health problems and who are autonomous

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$7

Financing: provincial, foundations, donations

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAIN-FORTE MONTRÉAL INC.

7381 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 593-6129

Website: mainfortemontreal.org

Email: contact@mainfortemontreal.org

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

Eligibility: adults living with one or more physical disabilities

Coverage area: Montréal Island

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

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

RENAISSANCE QUÉBEC

7245 Clark Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 276-3626

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: * Professional integration and training opportunities available in stores selling new and used goods. * Renaissance Employment Help Centre: advices and free job search assistance. * Sales of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles. * Partnerships with the private sector for placements, financial aid, material donations and internships.

Eligibility: people with difficulties adapting to the labour market (citizens, residents, refugees), who are unemployed, available full-time and not attending school

Coverage area: Montréal Island, Laval, Blainville and part of Montérégie

Hours: head office: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

450 231-0789

Website: asuq.powweb.com

Email: info@asuq.info

Services: * Mutual aid group. * Awareness and advocacy of rights and interests, including in the paratransit sector. * Assistance, tactile interpretation (through touch and hand movements) and services in Braille. * Training for facilitators and interpreters.

Eligibility: people living with Usher Syndrome and people who are deaf-blind

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES DE PERSONNES HANDICAPÉES DU QUÉBEC

7000 du Parc Avenue, Suite 414-C, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 284-0155 Fax: 514 543-2709

Website: cophan.org

Email: laurie.rodamel@cophan.org

Services: * Dissemination of information. * Rights and interests advocacy. * Space for networking and discussions between the organizations. * Political representation.

Eligibility: organizations gathering people with all types of disabilities and their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual contribution

Financing: contributions, grants

Legal status: non-profit organization

DÉPHY MONTRÉAL

Confidential Address

514 255-4888

Website: dephy-mtl.org

Email: info@dephy-mtl.org

Services: Grouping of organizations advocating for people living with disabilities. * Collaboration. * Networking. * Community action. * Representation.

Eligibility: organizations advocating for people living with physical or sensory disabilities

Coverage area: Montréal Island

Hours: Monday to Thursday 8h00 to 17h00

Financing: provincial

Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE

2200 Crémazie Boulevard East, Suite 203, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8
514 903-2200 Fax: 514 279-5373 **TTY:** 514 279-7609

Website: www.ccsmm.net

Email: ccsmm.service@gmail.com

Services: * ASL (American Sign Language) and voice interpretation. * Information for deaf people, mostly with limited education and unemployed. * Advocacy of rights and interests. * Assistance in communication and support in the realization of various personal projects: help in filling out forms, bank calls, etc. * Reception of deaf immigrants.

Eligibility: hearing-impaired or deaf people, deaf-blind people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h30

Fees: membership: \$10 per year or \$22 for 3 years, discount for seniors and students

Financing: provincial, grants, membership fees

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1W8
1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: direction@autisme.qc.ca

Services: * Advocacy and representation. * Information and referral. * Support for members. * Training. * Documentation centre.

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec

Hours: Tuesday and Thursday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

QUEBEC NETWORK FOR SOCIAL INCLUSION OF DEAF AND HARD OF HEARING PERSONS

7240 Waverly Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
450 231-0304 Fax: 514 278-6886 **TTY:** 450 231-0304

Website: www.reqis.org

Email: administration@reqis.org

Services: Provincial advocacy organization for deaf and hard-of-hearing people in Quebec. * Raising awareness. * Information. * Training.

Eligibility: deaf and hard-of-hearing people, relatives living with them, public and government bodies, associations, organizations, research groups or any other organization with a mandate related to deafness

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 15h00, by appointment only

Fees: variable

Financing: federal, provincial

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES TRAUMATISÉES CRANIOCÉRÉBRALES DU QUÉBEC

911 Jean-Talon Street East, Suite 134, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5
514 543-4800

Website: www.connexiontccqc.ca

Email: info@connexiontccqc.ca

Services: * Representation in terms of needs and services. * Association, support and coordination.

Eligibility: people with a brain injury, their relatives, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Park Avenue, Suite 309, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
1 800 567-1788

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with spina bifida and hydrocephalus. *

Documentation: information sessions, referral, conferences. * Virtual assistant providing accompaniment and help in preparing young people in their transition to adult life: notes2self.ca * Website on hydrocephalus: hydrocephalie.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Advocacy for people with an intellectual disability

CONFÉDÉRATION DES ORGANISMES DE PERSONNES HANDICAPÉES DU QUÉBEC

7000 du Parc Avenue, Suite 414-C, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 284-0155 Fax: 514 543-2709

Website: cophan.org

Email: laurie.rodamel@cophan.org

Services: * Dissemination of information. * Rights and interests advocacy. * Space for networking and discussions between the organizations. * Political representation.

Eligibility: organizations gathering people with all types of disabilities and their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual contribution

Financing: contributions, grants

Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1W8

1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: direction@autisme.qc.ca

Services: * Advocacy and representation. * Information and referral. * Support for members. * Training. * Documentation centre.

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec

Hours: Tuesday and Thursday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Park Avenue, Suite 309, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 800 567-1788

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with spina bifida and hydrocephalus. * Documentation: information sessions, referral, conferences. * Virtual assistant providing accompaniment and help in preparing young people in their transition to adult life: notes2self.ca * Website on hydrocephalus: hydrocephalie.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Deaf and hearing impaired

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

AFRIQUE AU FÉMININ - TAX CLINIC

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Tax clinic open all year.

Eligibility: people on a low income: \$25,000 or less

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Sreet, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

450 231-0789

Website: asuq.powweb.com

Email: info@asuq.info

Services: * Mutual aid group. * Awareness and advocacy of rights and interests, including in the paratransit sector. * Assistance, tactile interpretation (through touch and hand movements) and services in Braille. * Training for facilitators and interpreters.

Eligibility: people living with Usher Syndrome and people who are deaf-blind

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L'ÎLE-DE-MONTRÉAL - ID-ASD-PD ACCESS DESK

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 384-2000 ext. 8332 Fax: 514 495-6798

Website: santemontreal.qc.ca/en/public/support-and-services/intellectual-disability-autism-spectrum-disorders-or-physical-disabilities-service-request

Email: ga.ditsadp.cnmntl@ssss.gouv.qc.ca

Services: Reception and processing applications for CLSC services and rehabilitation services for clients with intellectual disabilities (ID), autism spectrum disorders (ASD) or physical disabilities (PD).

Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder

Coverage area: Ahuntsic-Cartierville, La Petite-Patrie, Montréal-Nord, Parc-Extension, Saint-Laurent, Villeray

Financing: provincial

Legal status: parapublic organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

438 381-6372 Fax: 438 381-9777

Website: www.maison-sourds.org

Email: mdsaide202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$45 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE

2200 Crémazie Boulevard East, Suite 203, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

514 903-2200 Fax: 514 279-5373 **TTY:** 514 279-7609

Website: www.ccsmm.net

Email: ccsmm.service@gmail.com

Services: * ASL (American Sign Language) and voice interpretation. * Information for deaf people, mostly with limited education and unemployed. * Advocacy of rights and interests. * Assistance in communication and support in the realization of various personal projects: help in filling out forms, bank calls, etc. * Reception of deaf immigrants.

Eligibility: hearing-impaired or deaf people, deaf-blind people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h30

Fees: membership: \$10 per year or \$22 for 3 years, discount for seniors and students

Financing: provincial, grants, membership fees

Legal status: non-profit organization

QUEBEC NETWORK FOR SOCIAL INCLUSION OF DEAF AND HARD OF HEARING PERSONS

7240 Waverly Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

450 231-0304 Fax: 514 278-6886 **TTY:** 450 231-0304

Website: www.reqjs.org

Email: administration@reqjs.org

Services: Provincial advocacy organization for deaf and hard-of-hearing people in Quebec. * Raising awareness. * Information. * Training.

Eligibility: deaf and hard-of-hearing people, relatives living with them, public and government bodies, associations, organizations, research groups or any other organization with a mandate related to deafness

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 15h00, by appointment only

Fees: variable

Financing: federal, provincial

Legal status: non-profit organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE EN ORTHOPHONIE ET EN AUDIOLOGIE

7077 du Parc Avenue, Ground Floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7

514 343-6789

Website: eoa.umontreal.ca/clinique-universitaire-en-orthophonie-et-en-audiologie

Email: clinique@eoa.umontreal.ca

Services: Assessments and interventions in speech pathology and audiology made by students, under the supervision of clinicians or teachers members of the Ordre professionnel des orthophonistes et audiologistes du Québec. * Oral and written language, neurological disorders, voice and fluency assessments. * Tinnitus, auditory processing disorder and vestibular assessments.

Eligibility: children, adolescents and adults with language or hearing difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, during the school year

Fees: variable depending on the services, from \$45 to \$450

Financing: self-financing, grants

Legal status: non-profit organization

Language disorders

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L'ÎLE-DE-MONTRÉAL - ID-ASD-PD ACCESS DESK

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 384-2000 ext. 8332 Fax: 514 495-6798

Website: santemontreal.qc.ca/en/public/support-and-services/intellectual-disability-autism-spectrum-disorders-or-physical-disabilities-service-request

Email: ga.ditsadp.cnmtl@ssss.gouv.qc.ca

Services: Reception and processing applications for CLSC services and rehabilitation services for clients with intellectual disabilities (ID), autism spectrum disorders (ASD) or physical disabilities (PD).

Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder

Coverage area: Ahuntsic-Cartierville, La Petite-Patrie, Montréal-Nord, Parc-Extension, Saint-Laurent, Villeray

Financing: provincial

Legal status: parapublic organization

UNIVERSITÉ DE MONTRÉAL - CLINIQUE UNIVERSITAIRE EN ORTHOPHONIE ET EN AUDIOLOGIE

7077 du Parc Avenue, Ground Floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X7

514 343-6789

Website: eoa.umontreal.ca/clinique-universitaire-en-orthophonie-et-en-audiologie

Email: clinique@eoa.umontreal.ca

Services: Assessments and interventions in speech pathology and audiology made by students, under the supervision of clinicians or teachers members of the Ordre professionnel des orthophonistes et audiologistes du Québec. * Oral and written language, neurological disorders, voice and fluency assessments. * Tinnitus, auditory processing disorder and vestibular assessments.

Eligibility: children, adolescents and adults with language or hearing difficulties

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30, during the school year

Fees: variable depending on the services, from \$45 to \$450

Financing: self-financing, grants

Legal status: non-profit organization

Mobility aids

CLSC DE VILLERAY

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 376-4141

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Breast pump (rental). * Wheelchair. * Minor surgery. * Breastfeeding room. * Prenatal classes. * Contraception. * General vaccination. * Test centre. * SIDEP: Integrated STI screening and prevention service. * Distribution of injection equipment to people who use drugs.

Coverage area: Montréal Island

Hours: Monday 9h30 to 16h00, Tuesday to Friday 8h00 to 19h30, Saturday, Sunday 8h00 to 15h30, sampling: Monday to Friday 7h00 to 12h00

Financing: provincial

Legal status: parapublic organization

PROMOTION INTERVENTION EN MILIEU OUVERT

911 Jean-Talon East Street, Suite 229, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5
514 288-9775

Website: pimo.qc.ca/?lang=en

Email: accueil@pimo.qc.ca

Services: Accompaniment service during outings by trained employees. * All types of outings: medical, utility, leisure.

Eligibility: people 18 years and over with a motor physical disability

Coverage area: Montréal Island

Hours: accompaniment: 7h00 to 23h00, 7 days, according to the resources' availabilities, phone service: Monday to Friday 9h00 to 14h00

Fees: membership: \$25 per year

Financing: provincial

Legal status: non-profit organization

Paratransit**SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - PARATRANSIT**

3111 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2C2

514 280-8211 Fax: 514 280-5396 **TTY:** 514 280-5308

Website: www.stm.info/en/para

Email: transport.adapte@stm.info

Services: Montréal paratransit network. * Application form: www.stm.info/sites/default/files/pdf/en/a-ta-formadmission.pdf * SIRTAs: online appointment reservation service www2.stm.info/webSIRTA/Login.aspx

Eligibility: people living with a disability leading to a significant and persistent incapacity, who encounters barriers in performing everyday activities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

Coverage area: Montréal Island

Hours: customer service: Monday to Friday 8h30 to 16h30, reservation: 7 days, 8h00 to 19h00, transportation: Sunday to Thursday 6h00 to 00h30, Friday and Saturday 6h00 to 1h30, automated service: 7 days, 7h00 to 21h30

Fees: variable

Financing: municipal, provincial

Legal status: parapublic organization

Recreation and camps**ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL**

911 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

438 496-7448

Website: afim.qc.ca

Email: info@afim.qc.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Support members in their search for a better quality of life, referrals to available resources. * Information about the syndrome. * Raising awareness among family and friends, health and social services professionals and the general public about the needs of people living with fibromyalgia. * Sports, recreational and social activities. * Member of the Société québécoise de la fibromyalgie and the National ME/FM Action Network.

Eligibility: people living with fibromyalgia and their family

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 15h30, Friday 8h30 to 12h00

Fees: annual membership: \$30

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

DIABETIC CHILDREN'S FOUNDATION

6855 de l'Épée Street, Suite 302, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

1 800 731-9683

Website: diabete-enfants.ca/en

Email: info@diabete-enfants.ca

Services: Meeting and support space for youth living with type 1 diabetes and their family. * Sharing meetings for parents and youth. * Information on the management of type 1 diabetes. * Dinner meetings and virtual-coffee meetings. * FRED squad: respite and babysitting. * Vacation camp. * Activities: family symposium, Christmas party, etc.

Eligibility: people 17 years old and under living with type 1 diabetes, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ESPACE MULTISOLEIL

660 Villeray Street, Suite 2.115, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

438 397-4495

Website: www.espacemultisoleil.org

Email: coordination@espacemultisoleil.org

Services: Adapted activities for young people living with a physical disability, with or without an associated intellectual disability. * Activities on Saturdays, afternoon respites, spring break, summer camp.

Eligibility: people 6 to 30 years old living with a physical disability that may be associated with a mild to moderate intellectual disability (must understand instructions) or other disabilities (visual, hearing)

Coverage area: Montréal Island and surroundings

Hours: administration: Monday to Friday 9h00 to 17h00, activities: variable, autumn and winter: Monday and Thursday afternoon, Saturday

Fees: annual membership: \$10, activity sessions and camps: variable

Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

LUDIC - LOISIRS UNIQUES POUR LE DÉVELOPPEMENT ET L'INCLUSION DANS LA COMMUNAUTÉ

660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 721-3663

Email: coordination@ludicmontreal.org

Services: Adapted leisure activities for children with learning difficulties or special needs and their families. * Weekend family leisure activities. * Summer day camp.

Eligibility: children aged 5 to 18 years old with learning difficulties or special needs and their families

Coverage area: île de Montréal

Hours: activities: Saturday and Sunday, summer day camp: Monday to Friday

Fees: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8
438 381-6372 Fax: 438 381-9777

Website: www.maison-sourds.org

Email: mdsaide202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$45 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

PARAHOCKEY MONTRÉAL

8650 Querbes Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G5
514 995-2913

Website: www.parahockey.com

Email: info@parahockey.com

Services: Grouping of sledge hockey clubs aimed at promoting the sport among people living with a physical disability. * Sledge hockey classes in different clubs in the province of Québec.

Eligibility: people living with a physical disability or interested by sledge hockey

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 21h30

Fees: registration: variable according to the category

Financing: donations, self-financing

Legal status: non-profit organization

Respite services and housing

ESPACE LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A2
514 321-4984 Fax: 514 321-5563

Website: espacelt.org

Email: inforh@espacelt.org

Services: * Housing, rehabilitation, social integration. * Group homes and supervised apartments. * Daily life management. * Accompaniment. * Collaborative work with partners and close ones. * Habitations La Traversée: subsidized and non-subsidized housing for seniors with services. * Habitat Charleroi: subsidized housing with services for seniors at risk of homelessness.

Eligibility: people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues

Capacity: 100 people
Coverage area: Greater Montréal
Hours: 24 hours / 7 days
Financing: donations, foundations, provincial
Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

Support Associations

ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL

911 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

438 496-7448

Website: afim.qc.ca

Email: info@afim.qc.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Support members in their search for a better quality of life, referrals to available resources. * Information about the syndrome. * Raising awareness among family and friends, health and social services professionals and the general public about the needs of people living with fibromyalgia. * Sports, recreational and social activities. * Member of the Société québécoise de la fibromyalgie and the National ME/FM Action Network.

Eligibility: people living with fibromyalgia and their family

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 15h30, Friday 8h30 to 12h00

Fees: annual membership: \$30

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

450 231-0789

Website: asuq.powweb.com

Email: info@asuq.info

Services: * Mutual aid group. * Awareness and advocacy of rights and interests, including in the paratransit sector. * Assistance, tactile interpretation (through touch and hand movements) and services in Braille. * Training for facilitators and interpreters.

Eligibility: people living with Usher Syndrome and people who are deaf-blind

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

DIABETES QUÉBEC

3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

514 259-3422 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca/en

Email: infodiabete@diabete.qc.ca

Services: Support to people living with diabetes to improve their well-being. * Information: InfoDiabetes phone and chat service, website, documentation. * Advocacy. * Research promotion and advancement.

Eligibility: people with diabetes and their families, healthcare professionals

Coverage area: Province of Québec

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

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

DIABETIC CHILDREN'S FOUNDATION

6855 de l'Épée Street, Suite 302, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

1 800 731-9683

Website: diabete-enfants.ca/en

Email: info@diabete-enfants.ca

Services: Meeting and support space for youth living with type 1 diabetes and their family. * Sharing meetings for parents and youth. * Information on the management of type 1 diabetes. * Dinner meetings and virtual-coffee meetings. * FRED squad: respite and babysitting. * Vacation camp. * Activities: family symposium, Christmas party, etc.

Eligibility: people 17 years old and under living with type 1 diabetes, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

EN COEUR, FONDATION QUÉBÉCOISE POUR LES ENFANTS MALADES DU COEUR

8585 Saint-Laurent Boulevard, Suite 310, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9

514 737-0804 ext. 101 Fax: 514 737-2194

Website: en-coeur.org

Email: encoeur@en-coeur.org

Services: * Information and financial support. * Public awareness. * Active contribution to the improvement of medical services in pediatric cardiology and congenital cardiology for adults. * Social activities. * Publications: books and pamphlets.

Eligibility: children with heart diseases, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns

Legal status: non-profit organization

GROUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 722-5655 Fax: 514 722-0063

Website: gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, accompaniment and awareness. * Information and helpline. * Guidance, accompaniment, psychosocial support and counselling before and after screening. * VIH and hepatitis C screening. * Material assistance. * Cultural mediation, information and awareness sessions. * Support group. * Happy hour for men and women. * Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV, their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations, foundations, self-financing

Legal status: non-profit organization

INFODIABÈTE

3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

1 800 361-3504 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca/en

Email: infodiabete@diabete.qc.ca

Services: Medical information service. * Medical information telephone service by health professionals. * Online chat with health professionals. * Diabetes self-management trainings available online or through Universi-D diabetes school.

Eligibility: health professionals, people living with diabetes and their relatives

Coverage area: Province of Québec

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

Fees: none

Financing: fundraising campaigns, donations, membership fees

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON BLEUE: MILIEU DE VIE PRÉVENTIF À L'ENFANCE (LA) - SERVICE POINT OF PARC-EXTENSION

7867 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B9

514 507-9123 Fax: 514 507-7950

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, prenatal courses, immigration information groups and children groups.

Eligibility: pregnant individuals in vulnerable situation, their families

Capacity: limited: 5 to 7 new clients per month

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MON RESTO SAINT-MICHEL - GROUPE DE SOUTIEN POUR LES PARENTS

4201 Robert Boulevard, Apartment 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1Z4

514 376-3218 Fax: 514 376-3218

Website: en.monrestosaintmichel.org/enfance-famille

Email: monresto@videotron.ca

Services: Support groups for parents. * Childcare available.

Eligibility: parents of children of preschool or elementary school age

Coverage area: Saint-Michel, Villeray, Parc-Extension, Montréal-Nord

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

NOURRI-SOURCE - MONTRÉAL

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 948-5160

Website: nourrisourcemontréal.org/en

Email: direction@nourrisourcemontréal.org

Services: * Telephone pairing of mothers with breastfeeding godmothers: support, information. * Face-to-face and virtual breastfeeding drop-in. * Breast pump rental. * Prenatal breastfeeding preparation course. * Neighbourhood meetings. * Training. * Outreach activities, promotion of breastfeeding.

Eligibility: mothers, fathers and families of breastfed babies

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1W8

1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: direction@autisme.qc.ca

Services: * Advocacy and representation. * Information and referral. * Support for members. * Training. * Documentation centre.

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec

Hours: Tuesday and Thursday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Park Avenue, Suite 309, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 800 567-1788

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with spina bifida and hydrocephalus. * Documentation: information sessions, referral, conferences. * Virtual assistant providing accompaniment and help in preparing young people in their transition to adult life: notes2self.ca * Website on hydrocephalus: hydrocephalie.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Support and integration organizations

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1W8

1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: direction@autisme.qc.ca

Services: * Advocacy and representation. * Information and referral. * Support for members. * Training. * Documentation centre.

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec

Hours: Tuesday and Thursday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

The Blind

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8
450 231-0789

Website: asuq.powweb.com

Email: info@asuq.info

Services: * Mutual aid group. * Awareness and advocacy of rights and interests, including in the paratransit sector. * Assistance, tactile interpretation (through touch and hand movements) and services in Braille. * Training for facilitators and interpreters.

Eligibility: people living with Usher Syndrome and people who are deaf-blind

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L'ÎLE-DE-MONTRÉAL - ID-ASD-PD ACCESS DESK

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 384-2000 ext. 8332 **Fax:** 514 495-6798

Website: santemontreal.qc.ca/en/public/support-and-services/intellectual-disability-autism-spectrum-disorders-or-physical-disabilities-service-request

Email: ga.ditsadp.cnmtl@ssss.gouv.qc.ca

Services: Reception and processing applications for CLSC services and rehabilitation services for clients with intellectual disabilities (ID), autism spectrum disorders (ASD) or physical disabilities (PD).

Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder

Coverage area: Ahuntsic-Cartierville, La Petite-Patrie, Montréal-Nord, Parc-Extension, Saint-Laurent, Villeray

Financing: provincial

Legal status: parapublic organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

438 381-6372 **Fax:** 438 381-9777

Website: www.maison-sourds.org

Email: mdsaide202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$45 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU NORD-DE-L'ÎLE-DE-MONTRÉAL - ID-ASD-PD ACCESS DESK

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 384-2000 ext. 8332 Fax: 514 495-6798

Website: santemontreal.qc.ca/en/public/support-and-services/intellectual-disability-autism-spectrum-disorders-or-physical-disabilities-service-request

Email: ga.ditsadp.cnmtl@ssss.gouv.qc.ca

Services: Reception and processing applications for CLSC services and rehabilitation services for clients with intellectual disabilities (ID), autism spectrum disorders (ASD) or physical disabilities (PD).

Eligibility: people living with a physical or intellectual disability or an autism spectrum disorder

Coverage area: Ahuntsic-Cartierville, La Petite-Patrie, Montréal-Nord, Parc-Extension, Saint-Laurent, Villeray

Financing: provincial

Legal status: parapublic organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineepsh.org

Email: info@ineepsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

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

Academic and vocational guidance

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6
514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - POINT DE SERVICE VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A5
514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search assistance. * Academic and professional information. * School perseverance. * Project development and civic involvement. * Multiservice computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Employer services.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: contributions, grants

Legal status: non-profit organization

ENJEU: CAP SUR L'EMPLOI (L')

2215 Jean-Talon Street East, Suite 204, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V5

514 858-5288 Fax: 514 858-7106

Website: lenjeu.org

Email: lenjeu@lenjeu.org

Services: * Welcoming and referral. * In-depth employment counselling and psychosocial assessment. * Validation of professional choices. * Office work skills orientation and assessment. * Job search techniques offered on an individual basis. * Job bank. * Individualized follow-up.

Eligibility: women 18 years and over

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Associations and Federations

CO-SAVOIR

469 Jean-Talon Street West, Suite 229, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 972-1180 Fax: 514 876-1325

Website: cdeacf.ca

Email: info@cdeacf.ca

Services: Dissemination of information, documentation and resources on adult education, literacy, community action, popular education and the status of women. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.

Eligibility: trainers, community workers, managers, researchers, adult education teachers, students, activists, advocates

Coverage area: Canada

Hours: Monday and Tuesday 13h00 to 17h00, Wednesday and Thursday 10h00 to 12h00 and 13h00 to 17h00

Fees: some paid services for non-members

Financing: provincial

Legal status: non-profit organization

Computer workshops

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food * Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE (LE)

211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 273-6683 Fax: 514 273-6668

Website: jarnigoine.com

Email: info@jarnigoine.com

Services: * Reception, evaluation and referrals. * Literacy workshops. * Computer workshops. * Advocacy for people who have a hard time writing or reading. * Illiteracy prevention and awareness. * Production of educational tools. * Fighting for more accessible information. * Presentations on literacy issues.

Eligibility: adults

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523

Website: montreal.ca/en/places/bibliotheque-le-prevost

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access, printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Introduction to Internet workshops. * Workshops, conferences, exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

Difficulties and learning disabilities**ÉCOLE LUCIEN-GUILBAULT**

3165 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 334-2189 Fax: 514 370-3651

Website: lucien-guilbault.ca

Email: info@lucien-guilbault.ca

Services: Specialized primary and secondary school for students with severe learning difficulties. * Personalized teaching provided in close cooperation between the teachers and the resource teachers, speech pathologists, occupational therapists, specialized educator, psychoeducators and neuropsychologists. * School transportation for primary school attendants.

Eligibility: youth 6 to 21 years old with severe learning difficulties

Capacity: 168 students in primary school and 225 in secondary school

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

LUDIC - LOISIRS UNIQUES POUR LE DÉVELOPPEMENT ET L'INCLUSION DANS LA COMMUNAUTÉ

660 Villeray Street, Suite 2.109, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 721-3663

Email: coordination@ludicmontreal.org

Services: Adapted leisure activities for children with learning difficulties or special needs and their families. * Weekend family leisure activities. * Summer day camp.

Eligibility: children aged 5 to 18 years old with learning difficulties or special needs and their families

Coverage area: île de Montréal

Hours: activities: Saturday and Sunday, summer day camp: Monday to Friday

Fees: variable

Financing: self-financing

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

Homework assistance and tutoring**CENTRE COMMUNAUTAIRE CEFEDI**

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

7060 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G8
514 872-0294

Website: jupx.org

Email: mdj-ju-direction@videotron.ca

Services: Youth centre aiming to promote the integration of young people into Québec society. * Recreational and sports activities. * Assistance with homework. * Girls only activities. * Educational workshops: movies and healthy cooking.

Eligibility: youth 12 to 17 years old

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 15h30 to 20h30

Fees: none

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9227 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G7
514 326-4766

Email: cclp@videotron.ca

Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary exchange: cooking class. * Food baskets: Christmas, Easter and summer baskets. * Homework assistance.

Eligibility: people or families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00, free meals: Monday and Tuesday 12h00 to 13h00, Holiday schedule 2023: closed from December 22nd at 12h00 to January 8th 2024

Fees: \$6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

RELAIS (LE)

2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * School support. * Social, sporting, recreational and cultural activities. * Outings, camps. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 12h00 to 13h00 and 15h45 to 18h00

Financing: grants, donations

Legal status: non-profit organization

Language courses

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7
514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villera—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villera—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villera—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

I'MMIGRANT

Confidential Address

Website: immigrantcanada.org

Email: info@immigrantcanada.org

Services: * English conversation club. * French conversation club. * Photo and video projects. * Cultural events. * Expert advice. * Information on adult education in Québec. * Support platform for Ukrainian newcomers.

Eligibility: refugees, expatriates, international students, and immigrants

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lcsm.qc.ca

Email: lcsm@lcsm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

Literacy

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE (LE)

211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 273-6683 Fax: 514 273-6668

Website: jarnigoine.com

Email: info@jarnigoine.com

Services: * Reception, evaluation and referrals. * Literacy workshops. * Computer workshops. * Advocacy for people who have a hard time writing or reading. * Illiteracy prevention and awareness. * Production of educational tools. * Fighting for more accessible information. * Presentations on literacy issues.

Eligibility: adults

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

Public education

ASSOCIATION QUÉBÉCOISE PLAIDOYER-VICTIMES

8615 Saint-Laurent Boulevard, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9

514 526-9037 Fax: 514 526-9951

Website: aqpv.ca/en/welcome-to-the-aqpv

Email: aqpv@aqpv.ca

Services: Promotion and advocacy of the rights and interests of victims of crime. * Information, support and guidance of victims. * Production and dissemination of information tools. * Training programs. * Public awareness activities. * Research activities in collaboration with university researchers. * Partnership and consultation with community organizations.

Eligibility: people victims of a crime, counsellors, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: contributions, self-financing, grants

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE (LE)

211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 273-6683 Fax: 514 273-6668

Website: jarnigoine.com

Email: info@jarnigoine.com

Services: * Reception, evaluation and referrals. * Literacy workshops. * Computer workshops. * Advocacy for people who have a hard time writing or reading. * Illiteracy prevention and awareness. * Production of educational tools. * Fighting for more accessible information. * Presentations on literacy issues.

Eligibility: adults

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

CO-SAVOIR

469 Jean-Talon Street West, Suite 229, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 972-1180 Fax: 514 876-1325

Website: cdeacf.ca

Email: info@cdeacf.ca

Services: Dissemination of information, documentation and resources on adult education, literacy, community action, popular education and the status of women. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.

Eligibility: trainers, community workers, managers, researchers, adult education teachers, students, activists, advocates

Coverage area: Canada

Hours: Monday and Tuesday 13h00 to 17h00, Wednesday and Thursday 10h00 to 12h00 and 13h00 to 17h00

Fees: some paid services for non-members

Financing: provincial

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

ZOOTHÉRAPIE QUÉBEC

7779 Casgrain Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1Z2

514 279-4747 Fax: 514 271-0157

Website: zoothérapiequebec.ca

Email: info@zoothérapiequebec.ca

Services: * Individual or group counselling using familiar animals. * Fudge à l'école: education and prevention of bites. * Counselling and assessment of needs. * Institutional and private supervision. * Information on using zoothérapie for issues such as aging, physical rehabilitation, childhood disorders, intellectual disability, delinquency. * Assistance with elaborating intervention and research projects. * Theoretical and practical training. * College and university internships. * Documentation centre.

Eligibility: children, youth, adults and seniors living with a social, physical, psychological or intellectual disability

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 18h00

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

School perseverance

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6
514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7
514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h30
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1
514 326-3022 Fax: 514 326-3024
Website: www.mhaiti.org
Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 21h00
Fees: none
Financing: federal, provincial, municipal, foundations, fundraising campaigns
Legal status: non-profit organization

MOTIVATION-JEUNESSE 16-18 INC.

8200 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8
514 596-5400
Website: motivationjeunesse.com
Email: reception@motivationjeunesse.com

Services: Study and internship co-op program. * Academic assistance. * Basic subjects courses: French, mathematics secondary levels 2 and 3 and English secondary levels 2, 3 and 4. * Psychosocial support. * Parental support. * Employment training and workplace internship. * Educational, cultural and sporting activities.

Eligibility: young potential dropouts and returners 16 to 18 years old with learning difficulties

Capacity: 45
Coverage area: Montréal Island
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

PETITE MAISON (LA)

8551 Allée Léo Bricault, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4E7
514 722-4983
Website: www.grandeporte.org
Email: direction@grandeporte.org

Services: Supervised meeting place. * Prevention and education workshops. * Academic support and student retention program. * Recreational, sport and educational activities. * Outings and celebrations.

Eligibility: children 6 to 12 years old and their families

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 19h00

Financing: grants, donations

Legal status: non-profit organization

YOUTH FUSION

1200 Crémazie East Boulevard, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 3A6

514 657-7630

Website: fusionjeunesse.org/en/home

Email: info@fusionjeunesse.org

Services: * Countering school drop-out by creating links between the school system and the community. *

Establishment of educational, practical and innovative projects for primary and secondary youth. * Projects

request platform: fusionjeunesse.org/en/projectsselectionplatform/?section=allochtone

Eligibility: young people at risk of dropping out

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Financing: donations

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

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

BUREAU DE RESSOURCES DES ASSISTÉ-E-S SOCIAUX DE VILLERAY

660 Villeray Street, Suite 1.104, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 495-8101

Website: brasvilleray.org

Email: brasvilleray@videotron.ca

Services: Advocacy group for people on welfare. * Help for the recognition and defense of social rights. * Gathering, mobilizing and disseminating information. * Help in filling out forms for last-resort financial assistance.

Eligibility: social assistance recipients

Coverage area: Greater Montreal

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

Financing: Provincial, Donations

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: contributions, grants

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5
514 526-0789 Fax: 514 526-8891

Website: gaihst.qc.ca/home

Email: info@gaihst.qc.ca

Services: * Case handling: technical and moral support, listening, intervention, short and long-term follow-up. * Information and awareness sessions. * Training sessions for companies' resource persons. * Monthly coffee meetings.

Eligibility: people who have experienced sexual or psychological harassment in the workplace

Coverage area: Province of Québec, in-person services: Greater Montréal

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

Fees: direct support services: free, training: variable

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - NORD DE MONTRÉAL

7500 de Châteaubriand Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2M1

514 277-7959 Fax: 514 277-7730

Website: www.acefnord.org

Email: info@acefnord.org

Services: * Help and information workshops on debts. * Budget counselling. * Classes on budgeting. * Desjardins Mutual Aid Fund micro-loan. * Support to consumers and consumer rights advocacy. * Tax clinic.

Eligibility: students, workers, retirees, employment insurance or social assistance recipients, general population, Desjardins Mutual Assistance Fund micro-loan: people facing an unexpected emergency expense to meet an essential need

Coverage area: North-West of Montréal island (delimited to the north by Rivière des Prairies, but including Île-Bizard, to the west by Lake of Two Mountains, to the south by Highway 40, then Decarie, then Van Horne, then Rosemont Boulevard and to the east by Pie-IX Boulevard)

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, provincial, membership fees, donations

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

PAF RÉTABLISSEMENT FINANCIER

6833 de l'Épée Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

514 331-2929 Fax: 514 331-2965

Website: paf.ca

Email: info@paf.ca

Services: * Trust service: personal financial management. * Budget education.

Eligibility: people with addiction and financial management issues

Coverage area: Montréal Island and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 15h00

Fees: first consultation: free, trust service: \$180 per month, other services: variable

Financing: membership fees

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Business development

COOPÉRATIVE DE DÉVELOPPEMENT RÉGIONAL DU QUÉBEC - MONTRÉAL-LAVAL

7000 du Parc Avenue, Suite 301, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 448-7668

Website: cdrq.coop

Email: mtl-laval@cdrq.coop

Services: Consultancy for starting and developing cooperatives. * Consultancy for starting and developing collective businesses. * Feasibility evaluation and start-up support. * Constitution and document production assistance. * Business plan, feasibility study, funding research, strategical planning, etc. * Consultancy on associative and commercial facets of an existing cooperative. * Advanced training: governance, financial management, fiscality, management tools, etc.

Eligibility: people or groups interested in starting a collective business

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, by appointment only

Fees: variable, services are partly subsidized

Financing: provincial

Legal status: Cooperative

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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:** Park-Extension**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency**Employment support and training****ACTION TRAVAIL DES FEMMES DU QUÉBEC**

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233**Website:** atfquebec.ca**Email:** actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women**Coverage area:** Province of Québec**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00**Fees:** none**Financing:** Centraide of Greater Montréal**Legal status:** non-profit organization**CENTRE COMMUNAUTAIRE CEFEDI**

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330**Website:** www.cefedi.org**Email:** centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

6833 De l'Épée Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

514 282-1222

Website: montreal.dressforsuccess.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of business style clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ENJEU: CAP SUR L'EMPLOI (L')

2215 Jean-Talon Street East, Suite 204, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V5

514 858-5288 Fax: 514 858-7106

Website: lenjeu.org

Email: lenjeu@lenjeu.org

Services: * Welcoming and referral. * In-depth employment counselling and psychosocial assessment. * Validation of professional choices. * Office work skills orientation and assessment. * Job search techniques offered on an individual basis. * Job bank. * Individualized follow-up.

Eligibility: women 18 years and over

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

INTERNATIONAL COACH FEDERATION - QUÉBEC

Confidential Address

Website: icfquebec.org

Email: info@icfquebec.org

Services: * Certification of coaches. * Framing ethical standards in the profession. * Coaching promotion. * Places exchange and ongoing professional development. * Directory of certified coaches online. * Referral.

Eligibility: members, general public

Coverage area: Province of Québec

Financing: self-financing, contributions

Legal status: non-profit organization

RENAISSANCE QUÉBEC

7245 Clark Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 276-3626

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: * Professional integration and training opportunities available in stores selling new and used goods. * Renaissance Employment Help Centre: advices and free job search assistance. * Sales of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles. * Partnerships with the private sector for placements, financial aid, material donations and internships.

Eligibility: people with difficulties adapting to the labour market (citizens, residents, refugees), who are unemployed, available full-time and not attending school

Coverage area: Montréal Island, Laval, Blainville and part of Montérégie

Hours: head office: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

TRANS-ART 2000

6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W6

514 989-5973 Fax: 514 989-8985

Website: trans-art2000.org

Email: transart2000@bellnet.ca

Services: Multicultural place for access to culture, education and social services through performing arts promoting social integration and psychosocial motivation. * Promotion of culture, education and social services. * Visual arts.

Eligibility: youth 13 to 30 years old of all origins

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

VUE SUR LA RELÈVE

7355 Christophe-Colomb Avenue, Suite R-198, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 278-3941 Fax: 514 278-7182

Website: www.campdesarts.org

Email: info@campdesarts.org

Services: Performing arts. * Vue sur la Relève festival. * Camp des Arts: performing arts day camp. * Winter break day camp: theatrical creation day camp.

Eligibility: youth 5 to 35 years old, day camps: youth 5 to 16 years old

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

Employment support for immigrants**1,2,3, GO! ST-MICHEL-FEMMES-RELAIS**

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2

514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7

514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC

8110 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2

514 598-7319 Fax: 514 598-0977

Website: www.ijq.qc.ca

Email: info@ijq.qc.ca

Services: * Job assistance and placement. * Paid internships. * Specific services for newcomers. * Work-study vocational training programs. * Lifeguard training. * Video game tester trainer. * Support and guidance in some adult education centres. * Institut de Quincaillerie du Québec: improvement training for hardware stores and construction materials centres' sales advisors www.institutquincaillerie.com

Eligibility: unemployed people 16 to 35 years old, newcomers (citizens, permanent residents and people with an open work permit or spouses or common-law partners of a person with an open work permit) searching for work

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS

7245 Clark Street, Suite 301, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 277-6776 Fax: 514 277-6566

Website: simo-emplois.com

Email: info@simo-emplois.com

Services: Job search support. * Job search techniques and tools. * 26-week part-time individual follow-up. * Accompaniment of job-seekers and businesses through paid internships, including 2 weeks of training. * Pilot project into the tourism industry in collaboration with the CQRHT for asylum seekers.

Eligibility: people 18 years and over who are permanent residents, refugees, temporary foreign workers with a work permit or a Working Holiday Visa (WHV), Canadians from recent immigration who are not registered in another employability service and who master French

Capacity: 232

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for women

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2

514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

6833 De l'Épée Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

514 282-1222

Website: montreal.dressforsuccess.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of business style clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ENJEU: CAP SUR L'EMPLOI (L')

2215 Jean-Talon Street East, Suite 204, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V5

514 858-5288 Fax: 514 858-7106

Website: lenjeu.org

Email: lenjeu@lenjeu.org

Services: * Welcoming and referral. * In-depth employment counselling and psychosocial assessment. * Validation of professional choices. * Office work skills orientation and assessment. * Job search techniques offered on an individual basis. * Job bank. * Individualized follow-up.

Eligibility: women 18 years and over

Coverage area: Montréal Island

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - POINT DE SERVICE VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A5

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search assistance. * Academic and professional information. * School perseverance. * Project development and civic involvement. * Multiservice computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Employer services.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-MICHEL

3565 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2G1

514 570-7084

Website: cje-centrenord.com/services/entrepreneuriat

Email: coopstmichel@cje-centrenord.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Saint-Michel

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 224-5998

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdesjeunesdevilleray@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Villeray

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

EMPLOI JEUNESSE

205 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 495-6571 Fax: 514 277-8919

Website: www.emploi-jeunesse.org

Email: info@emploi-jeunesse.org

Services: * Personalized job search assistance: accompaniment, needs assessment, cover letter and resume writing, interview simulation. * Assistance in returning to school. * Meeting of potential employers. * Possibility of paid internships in companies. * Work Intergration Training: recruitment assistance for employers and integration assistance for employees. * Access to a multi-service room: computers, internet, printers. * Arts and community projects.

Eligibility: people 16 to 35 years old

Capacity: 15 to 20 people per month

Coverage area: Greater Montréal

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 18h30

Fees: none

Financing: provincial, self-financing, federal

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC

8110 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2

514 598-7319 Fax: 514 598-0977

Website: www.ijq.qc.ca

Email: info@ijq.qc.ca

Services: * Job assistance and placement. * Paid internships. * Specific services for newcomers. * Work-study vocational training programs. * Lifeguard training. * Video game tester trainer. * Support and guidance in some adult education centres. * Institut de Quincaillerie du Québec: improvement training for hardware stores and construction materials centres' sales advisors www.institutquincaillerie.com

Eligibility: unemployed people 16 to 35 years old, newcomers (citizens, permanent residents and people with an open work permit or spouses or common-law partners of a person with an open work permit) searching for work

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

MOTIVATION-JEUNESSE 16-18 INC.

8200 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8

514 596-5400

Website: motivationjeunesse.com

Email: reception@motivationjeunesse.com

Services: Study and internship co-op program. * Academic assistance. * Basic subjects courses: French, mathematics secondary levels 2 and 3 and English secondary levels 2, 3 and 4. * Psychosocial support. * Parental support. * Employment training and workplace internship. * Educational, cultural and sporting activities.

Eligibility: young potential dropouts and returners 16 to 18 years old with learning difficulties

Capacity: 45

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

SERVICE GRÉ

3101 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1V6

514 721-1747

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Youth prevention service for teenagers and young adults. * Individual accompaniment and support. * Creation of a support network.

Eligibility: youth 16 to 25 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, donations

Legal status: non-profit organization

Tax clinics

AFRIQUE AU FÉMININ - TAX CLINIC

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Tax clinic open all year.

Eligibility: people on a low income: \$25,000 or less

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE - TAX CLINIC

6830 Park Avenue, Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Year-round and remote tax clinic: by deposit, by phone, by Post Canada.

Eligibility: general public, tax clinic by phone: seniors, people with disabilities

Coverage area: Greater Montréal

Hours: 7 days, 7h00 to 19h00

Fees: contribution: \$25 per person per year, add \$5 for the return of documents and the results and confirmation of sending to the government, self-employed workers and others: additional contribution

Financing: donations, grants, self-financing

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE - TAX CLINIC

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2
514 271-8207 Fax: 514 271-8254

Website: www.leclam.com

Email: clam@bellnet.ca

Services: Tax clinic by appointment.

Eligibility: newcomers (less than 5 years in Canada) and immigrant people on a low income 50 years and under

Coverage area: Greater Montréal

Hours: 2024 clinic: Monday to Friday 09h00 to 12h00 and 13h00 to 17h00, March and April 2024, by appointment

Fees: free

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50 + - TAX CLINIC

4121 42nd Street, Suite 212, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8
514 374-3470 ext. 221 Fax: 514 374-8986

Website: ccrv50.org

Email: administration@ccrv50.org

Services: Tax clinic by appointment.

Eligibility: single people 50 years old and over with an income of \$35 000 maximum, couples 50 years old and over with an income of \$45 000 maximum

Capacity: 250 to 300 reports

Coverage area: Montréal-Est

Hours: 2024 clinic: make an appointment by phone

Fees: member: none

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES - TAX CLINIC

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 271-7563 Fax: 514 271-3629

Website: www.chais.qc.ca

Email: centrehaitien@chais.qc.ca

Services: Walk-in tax clinic offered all year round, by deposit.

Eligibility: immigrants, people on a low income

Coverage area: Montréal Island

Hours: document deposit: Friday 10h00 to 14h00

Fees: \$5

Financing: provincial, federal

Legal status: non-profit organization

FORUM DES CITOYENS AÎNÉS DE MONTRÉAL - TAX CLINIC

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 554-1272

Website: fcam.qc.ca

Email: impot.apc@hotmail.com

Services: Year-round tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal

Hours: Monday to Friday 7h00 to 17h00

Fees: \$20 per person for members, \$25 per person for non-members, for people with an income of more than \$25,000, the price is set at 1% of the annual income

Financing: self-financing

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA - TAX CLINIC

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Tax clinic by document drop off.

Eligibility: seniors, people living on a low income

Coverage area: Parc-Extension and surrounding area

Hours: 2024 tax clinic: until the end of April, Tuesday to Friday 11h00 to 16h00

Fees: \$5

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2

514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

6833 De l'Épée Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

514 282-1222

Website: montreal.dressforsuccess.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of business style clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE SAINT-MICHEL

7701 Leonardo da Vinci Avenue, Suite 111, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 0A1

514 593-7344 Fax: 514 593-4537

Website: entraidesaintmichel.org

Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration. * Support, self-help and personal growth. * Recreational, educational and practical activities. * Punctual monitoring, active listening, referral.

Eligibility: people 18 years and over with mental health problems and who are autonomous

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$7

Financing: provincial, foundations, donations

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

MAIN-FORTE MONTRÉAL INC.

7381 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 593-6129

Website: mainfortemontreal.org

Email: contact@mainfortemontreal.org

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

Eligibility: adults living with one or more physical disabilities

Coverage area: Montréal Island

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

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

RENAISSANCE QUÉBEC

7245 Clark Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 276-3626

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: * Professional integration and training opportunities available in stores selling new and used goods. * Renaissance Employment Help Centre: advices and free job search assistance. * Sales of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles. * Partnerships with the private sector for placements, financial aid, material donations and internships.

Eligibility: people with difficulties adapting to the labour market (citizens, residents, refugees), who are unemployed, available full-time and not attending school

Coverage area: Montréal Island, Laval, Blainville and part of Montérégie

Hours: head office: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

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

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

srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank:

www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. *

Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and

regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer

Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career

planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings

schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing

programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental

and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs

and services: income support, emergency financial assistance, etc. * Housing and family life support.

Immigration and citizenship * Online information: using the services of a representative, sponsoring a family

member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial

assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or

death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life

assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

Food**CHRISTMAS BASKET****COLLECTIVE KITCHENS AND COOKING WORKSHOPS****COMMUNITY GARDENS AND MARKETS****FOOD ASSISTANCE****FOOD AID FOR PREGNANT WOMEN AND CHILDREN****FOOD ASSISTANCE COORDINATION****FOOD ASSISTANCE IN SCHOOLS****LOW COST OR FREE MEALS****PREPARED MEALS AND MEALS-ON-WHEELS**

Christmas basket

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acomm.ca

Email: info@acomm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acomm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: * Emergency food assistance upon referral. * Food bank. * Christmas baskets.

Eligibility: open to all, emergency food assistance: people on a low income

Coverage area: Rosemont, La Petite-Patrie, Villeray, Saint-Michel, Parc-Extension

Hours: office: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, food bank: Thursday 15h00 to 18h30

Fees: food bank: \$5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9227 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G7

514 326-4766

Email: cclp@videotron.ca

Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary exchange: cooking class. * Food baskets: Christmas, Easter and summer baskets. * Homework assistance.

Eligibility: people or families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00, free meals: Monday and Tuesday 12h00 to 13h00, Holiday schedule 2023: closed from December 22nd at 12h00 to January 8th 2024

Fees: \$6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-BARTHÉLÉMY

7100 Sagard Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2S4

514 400-7531 Fax: 514 725-4772

Services: * Distribution of food vouchers. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Saint-Barthélémy Parish and a part of Saint-Philippe merged Parish

Hours: 2 to 3 times per month, after the 20th of every month, by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY

7950 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9

514 273-1339

Services: * Distribution of food vouchers and food baskets. * Christmas baskets. * Vouchers for school supplies.

Eligibility: people on a low income

Coverage area: Sainte-Thérèse-de-l'Enfant-Jésus, Saint-Vincent-Ferrier, Sainte-Cécile and Notre-Dame-du-Rosaire parishes, Saint-Thomas-Apôtre, Saint-Alphonse d'Youville and Saint-Grégoire-le-Grand merged parishes

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

GROUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 722-5655 Fax: 514 722-0063

Website: gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, accompaniment and awareness. * Information and helpline. * Guidance, accompaniment, psychosocial support and counselling before and after screening. * VIH and hepatitis C screening. * Material assistance. * Cultural mediation, information and awareness sessions. * Support group. * Happy hour for men and women. * Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV, their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations, foundations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

Community gardens and markets**CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT**

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Park-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

PROJET D'AMÉNAGEMENT RÉSIDENTIEL ET INDUSTRIEL

7501 François-Perreault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 727-0914

Website: sites.google.com/paristmichel.com/pari/pari-st-michel

Email: info@paristmichel.com

Services: * Improvement of residents' quality of life. * Consultation and projects development. * Marché Solidaire Saint-Michel: fresh and affordable food in François-Perreault park. * Marché Solidaires Michelois. * Jardins des Patriotes: greening, embellishment and gardening on the Louis-Joseph-Papineau school's field. * Rent of reusable dishes for eco-responsible events. * Verdir Saint-Michel un arbre à la fois: planting trees on residential lots.

Eligibility: general population

Coverage area: Saint-Michel

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00 and 13h00 to 19h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, grants, municipal

Legal status: non-profit organization

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

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Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Food Assistance

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acommm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: * Emergency food assistance upon referral. * Food bank. * Christmas baskets.

Eligibility: open to all, emergency food assistance: people on a low income

Coverage area: Rosemont, La Petite-Patrie, Villeray, Saint-Michel, Parc-Extension

Hours: office: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, food bank: Thursday 15h00 to 18h30

Fees: food bank: \$5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9227 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G7

514 326-4766

Email: cclp@videotron.ca

Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary exchange: cooking class. * Food baskets: Christmas, Easter and summer baskets. * Homework assistance.

Eligibility: people or families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00, free meals: Monday and Tuesday 12h00 to 13h00, Holiday schedule 2023: closed from December 22nd at 12h00 to January 8th 2024

Fees: \$6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

OPÉRATION SAC À DOS - PARC-EXTENSION

6830 Parc Avenue, Suite 537 and 516, 5th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 543-6063

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: Parc-Extension, postal code H3N

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

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Park-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - SAINT-BARTHÉLÉMY

7100 Sagard Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2S4

514 400-7531 Fax: 514 725-4772

Services: * Distribution of food vouchers. * Christmas baskets. * School supplies.

Eligibility: people on a low income

Coverage area: Saint-Barthélémy Parish and a part of Saint-Philippe merged Parish

Hours: 2 to 3 times per month, after the 20th of every month, by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY

7950 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9

514 273-1339

Services: * Distribution of food vouchers and food baskets. * Christmas baskets. * Vouchers for school supplies.

Eligibility: people on a low income

Coverage area: Sainte-Thérèse-de-l'Enfant-Jésus, Saint-Vincent-Ferrier, Sainte-Cécile and Notre-Dame-du-Rosaire parishes, Saint-Thomas-Apôtre, Saint-Alphonse d'Youville and Saint-Grégoire-le-Grand merged parishes

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

Food aid for pregnant women and children

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

Food assistance coordination

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: * Emergency food assistance upon referral. * Food bank. * Christmas baskets.

Eligibility: open to all, emergency food assistance: people on a low income

Coverage area: Rosemont, La Petite-Patrie, Villeray, Saint-Michel, Parc-Extension

Hours: office: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, food bank: Thursday 15h00 to 18h30

Fees: food bank: \$5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - USED ITEMS RECOVERY

8468 10th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3B9

514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: Used items recovery: clothes, furniture, appliances, mattresses, small household items, toys, sport equipment, books, school supplies, food. * Home pick-up or on-site collection. * Donation and volunteer form: [click here](#)

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Parc-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

Food assistance in schools

GRANDE PORTE (LA)

8649 24th Avenue, Suite 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: * Living environment, animation, activities and support for youth. * Stimulation and support for children. * Youth socioprofessional integration program. * Youth prevention services. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 25 years old, adults, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

Low cost or free meals

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8
514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6
514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9227 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G7
514 326-4766

Email: cclp@videotron.ca

Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary exchange: cooking class. * Food baskets: Christmas, Easter and summer baskets. * Homework assistance.

Eligibility: people or families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00, free meals: Monday and Tuesday 12h00 to 13h00, Holiday schedule 2023: closed from December 22nd at 12h00 to January 8th 2024

Fees: \$6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6
514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Government services

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Park-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

Income statements

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

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Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Municipal services

MICRO-RECYC-COOPÉRATION

7000 du Parc Avenue, Suite 310, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 227-5776 Fax: 514 227-0020

Website: microrecyc.wixsite.com/english

Email: info@microrecyccoop.org

Services: Recovery of computer and electronic equipment. * Pick-up available for 5 or more items. * Awareness-raising. * Reconditioning of computer hardware. * Donations to community centres and schools in Africa and in Haïti. * Donations to community organizations in Québec who need computer equipment.

Eligibility: community organizations, schools

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: \$10 per recycled computer

Financing: self-financing

Legal status: non-profit organization

MONTRÉAL - CITY - ÉCOCENTRE SAINT-MICHEL

2475 des Regrattiers Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4P2

514 872-0384

Website: montreal.ca/en/places/ecocentre-saint-michel

Services: Waste recovery and reuse site. * Cooling and freezing appliances containing halocarbons. * Appliances. * Large padded furniture. * Recyclable waste. * Electronics. * Construction waste. * Hazardous household waste: paint, oil, sprays, batteries, light bulbs, etc. * Green waste: leaves, branches, etc.

Eligibility: residents, owners of multi-unit buildings, non-profit organizations, construction companies

Coverage area: Montréal Island

Hours: mid-October to mid-April: Tuesday to Saturday 10h00 to 18h00, mid-April to mid-October: 7 days, 8h00 to 18h00

Fees: free or fee-charged, depending on the clientele

Financing: municipal

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

PROJET D'AMÉNAGEMENT RÉSIDENTIEL ET INDUSTRIEL

7501 François-Perreault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 727-0914

Website: sites.google.com/paristmichel.com/pari/pari-st-michel

Email: info@paristmichel.com

Services: * Improvement of residents' quality of life. * Consultation and projects development. * Marché Solidaire Saint-Michel: fresh and affordable food in François-Perreault park. * Marché Solidaires Michelois. * Jardins des Patriotes: greening, embellishment and gardening on the Louis-Joseph-Papineau school's field. * Rent of reusable dishes for eco-responsible events. * Verdir Saint-Michel un arbre à la fois: planting trees on residential lots.

Eligibility: general population

Coverage area: Saint-Michel

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00 and 13h00 to 19h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, grants, municipal

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 30 - SAINT-MICHEL

8930 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H9

514 280-0130 Fax: 514 280-0630

Website: spvm.qc.ca/en/PDQ30

Email: pdq30@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 31 - VILLERAY, PARC-EXTENSION

8225 de l'Esplanade Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2R5

514 280-0131 Fax: 514 280-0631

Website: spvm.qc.ca/en/PDQ31

Email: pdq31@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: Villeray, Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

311

Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Official documents

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acommm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 30 - SAINT-MICHEL

8930 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H9

514 280-0130 Fax: 514 280-0630

Website: spvm.qc.ca/en/PDQ30

Email: pdq30@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 31 - VILLERAY, PARC-EXTENSION

8225 de l'Esplanade Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2R5

514 280-0131 Fax: 514 280-0631

Website: spvm.qc.ca/en/PDQ31

Email: pdq31@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: Villeray, Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

311

Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Provincial services

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acommm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

Health

EYE CARE

FAMILY PLANNING

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Family planning

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

CLSC DE VILLERAY

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 376-4141

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7

ressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Breast pump (rental). * Wheelchair. * Minor surgery. * Breastfeeding room. * Prenatal classes. * Contraception. * General vaccination. * Test centre. * SIDEP: Integrated STI screening and prevention service. * Distribution of injection equipment to people who use drugs.

Coverage area: Montréal Island

Hours: Monday 9h30 to 16h00, Tuesday to Friday 8h00 to 19h30, Saturday, Sunday 8h00 to 15h30, sampling: Monday to Friday 7h00 to 12h00

Financing: provincial

Legal status: parapublic organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

FÉDÉRATION DU QUÉBEC POUR LE PLANNING DES NAISSANCES

469 Jean-Talon Street West, Suite 335, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 866-3721

Website: www.fqpn.qc.ca

Email: info@fqpn.qc.ca

Services: * Information, referral and awareness-raising on family planning, infertility, sexual health, abortion, access to reproductive health care and contraception. * Production of educational tools, training, workshops, conferences and symposia. * Online directory of resources on abortion, vasectomy, IUD insertion and STBBI screening: <https://fqpn.qc.ca/trouver-de-laide>

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

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

3539 Bélair Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2B1

514 379-3539 Fax: 514 379-1727

Website: maisonbleue.info/en

Email: info@maisonbleue.info

Services: Social perinatal services provided by an interdisciplinary team of health care and social services professionals. * Pregnancy and family health: individual or group prenatal care, prenatal meetings, postnatal care, medical consultation, monitoring child health and vaccination. * Psychosocial assessment and follow-up: initial assessment and intervention plan, psychosocial counselling, psychological and ethnopsychiatric follow-up and advocacy. * Group meetings: health meetings for the family, among-parents groups, discussions for the fathers of la Maison Bleue and baby massage group. * Children and parent-child activities.

Eligibility: pregnant people in a vulnerable situation, their families

Coverage area: Saint-Michel, Saint-Léonard

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

PACT DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9

514 278-9181 Fax: 514 277-8919

Website: www.pactderue.org/en/accueil

Email: pact@videotron.ca

Services: Street work organization. * Accompaniment for young people to find an alternative to living in the street. * Referral, prevention, listening and crisis situations help. * Day centre for adults. * Needle exchange and condom distribution. * Naloxone kits distribution.

Eligibility: youth 12 to 25 years old, day centre: people 18 years and over in great precariousness

Coverage area: Anjou, Mercier-Ouest, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: administration: Monday to Friday 9h00 to 17h00, intervention: 11h00 to 00h00, help and listening: Monday to Friday 12h00 to 17h00

Fees: none

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

Legal status: non-profit organization

SERÉNA QUÉBEC

469 Jean-Talon Street West, Suite 420, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 273-7362 Fax: 514 273-7532

Website: serenaquebec.com/en

Email: coordination@serenaquebec.com

Services: Information service on menstrual cycle health, natural contraception, natural conception, the return of fertility after birth and perimenopause. * Learning workshops. * Conferences and informal talks. * Individualized follow-up. * Professional training. * Resources and online store.

Eligibility: anyone wishing to get a better understanding of the menstrual cycle and to manage their fertility naturally, health care professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

Patient support associations

ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL

911 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

438 496-7448

Website: afim.qc.ca

Email: info@afim.qc.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Support members in their search for a better quality of life, referrals to available resources. * Information about the syndrome. * Raising awareness among family and friends, health and social services professionals and the general public about the needs of people living with fibromyalgia. * Sports, recreational and social activities. * Member of the Société québécoise de la fibromyalgie and the National ME/FM Action Network.

Eligibility: people living with fibromyalgia and their family

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 15h30, Friday 8h30 to 12h00

Fees: annual membership: \$30

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CLSC DE VILLERAY

1425 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 376-4141

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=953594&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H2E1A7

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Crutches (rental). * Cane (rental). * Breast pump (rental). * Wheelchair. * Minor surgery. * Breastfeeding room. * Prenatal classes. * Contraception. * General vaccination. * Test centre. * SIDEP: Integrated STI screening and prevention service. * Distribution of injection equipment to people who use drugs.

Coverage area: Montréal Island

Hours: Monday 9h30 to 16h00, Tuesday to Friday 8h00 to 19h30, Saturday, Sunday 8h00 to 15h30, sampling:

Monday to Friday 7h00 to 12h00

Financing: provincial

Legal status: parapublic organization

DIABETES QUÉBEC

3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

514 259-3422 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca/en

Email: infodiabete@diabete.qc.ca

Services: Support to people living with diabetes to improve their well-being. * Information: InfoDiabetes phone and chat service, website, documentation. * Advocacy. * Research promotion and advancement.

Eligibility: people with diabetes and their families, healthcare professionals

Coverage area: Province of Québec

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

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

DIABETIC CHILDREN'S FOUNDATION

6855 de l'Épée Street, Suite 302, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

1 800 731-9683

Website: diabete-enfants.ca/en

Email: info@diabete-enfants.ca

Services: Meeting and support space for youth living with type 1 diabetes and their family. * Sharing meetings for parents and youth. * Information on the management of type 1 diabetes. * Dinner meetings and virtual-coffee meetings. * FRED squad: respite and babysitting. * Vacation camp. * Activities: family symposium, Christmas party, etc.

Eligibility: people 17 years old and under living with type 1 diabetes, their family

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

EN COEUR, FONDATION QUÉBÉCOISE POUR LES ENFANTS MALADES DU COEUR

8585 Saint-Laurent Boulevard, Suite 310, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9

514 737-0804 ext. 101 Fax: 514 737-2194

Website: en-coeur.org

Email: encoeur@en-coeur.org

Services: * Information and financial support. * Public awareness. * Active contribution to the improvement of medical services in pediatric cardiology and congenital cardiology for adults. * Social activities. * Publications: books and pamphlets.

Eligibility: children with heart diseases, their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns

Legal status: non-profit organization

GROUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 722-5655 Fax: 514 722-0063

Website: gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, accompaniment and awareness. * Information and helpline. * Guidance, accompaniment, psychosocial support and counselling before and after screening. * VIH and hepatitis C screening. * Material assistance. * Cultural mediation, information and awareness sessions. * Support group. * Happy hour for men and women. * Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV, their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations, foundations, self-financing

Legal status: non-profit organization

INFODIABÈTE

3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6
1 800 361-3504 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca/en

Email: infodiabete@diabete.qc.ca

Services: Medical information service. * Medical information telephone service by health professionals. * Online chat with health professionals. * Diabetes self-management trainings available online or through Universi-D diabetes school.

Eligibility: health professionals, people living with diabetes and their relatives

Coverage area: Province of Québec

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

Fees: none

Financing: fundraising campaigns, donations, membership fees

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

**REGROUPEMENT DES ASSOCIATIONS DE PERSONNES TRAUMATISÉES
CRANIOCÉRÉBRALES DU QUÉBEC**

911 Jean-Talon Street East, Suite 134, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 543-4800

Website: www.connexiontccqc.ca

Email: info@connexiontccqc.ca

Services: * Representation in terms of needs and services. * Association, support and coordination.

Eligibility: people with a brain injury, their relatives, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Park Avenue, Suite 309, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 800 567-1788

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with spina bifida and hydrocephalus. * Documentation: information sessions, referral, conferences. * Virtual assistant providing accompaniment and help in preparing young people in their transition to adult life: notes2self.ca * Website on hydrocephalus: hydrocephalie.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

Public Health

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CLSC DE SAINT-MICHEL

3355 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E5

514 722-3000

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1179&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=H1Z2E5

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Screening. * Distribution of new injection material to people who use drugs (free service). * Interpreter. * Collection of used needles and syringes. * SIDEP - Integrated STI screening and prevention service. * Flu vaccination: www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 15h00

Financing: provincial

Legal status: parapublic organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

FÉDÉRATION DU QUÉBEC POUR LE PLANNING DES NAISSANCES

469 Jean-Talon Street West, Suite 335, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 866-3721

Website: www.fqpn.qc.ca

Email: info@fqpn.qc.ca

Services: * Information, referral and awareness-raising on family planning, infertility, sexual health, abortion, access to reproductive health care and contraception. * Production of educational tools, training, workshops, conferences and symposia. * Online directory of resources on abortion, vasectomy, IUD insertion and STBI screening: <https://fqpn.qc.ca/trouver-de-laide>

Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

GROUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8
514 722-5655 Fax: 514 722-0063

Website: gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, accompaniment and awareness. * Information and helpline. * Guidance, accompaniment, psychosocial support and counselling before and after screening. * VIH and hepatitis C screening. * Material assistance. * Cultural mediation, information and awareness sessions. * Support group. * Happy hour for men and women. * Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV, their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations, foundations, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1
514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

SAINT-JOHN AMBULANCE

110 Crémazie Boulevard West, Suite 10, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1B9

1 800 706-6660 Fax: 514 842-4807

Website: www.sja.ca/en

Email: qc.info@sja.ca

Services: * Courses in First Aid at all levels and in Cardiopulmonary Resuscitation (CPR) and in the use of Automated External Defibrillation (AED). * Work field First Aid training according to the CNESST program. * First Aid training under the WCB specialized courses tailored to specific industry needs: marine, security, transportation and production plants. * Instructor training for the specialized courses. * Caregivers workshops. * Dog visits program. * First aid services for public events. * First aid training in mental health.

Capacity: 18 persons per class

Coverage area: Province of Québec

Hours: Monday to Sunday 7h30 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

SERÉNA QUÉBEC

469 Jean-Talon Street West, Suite 420, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 273-7362 Fax: 514 273-7532

Website: serenaquebec.com/en

Email: coordination@serenaquebec.com

Services: Information service on menstrual cycle health, natural contraception, natural conception, the return of fertility after birth and perimenopause. * Learning workshops. * Conferences and informal talks. * Individualized follow-up. * Professional training. * Resources and online store.

Eligibility: anyone wishing to get a better understanding of the menstrual cycle and to manage their fertility naturally, health care professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

SPORT ET LOISIR DE L'ÎLE DE MONTRÉAL

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5

514 722-7747

Website: www.sportloisirmontreal.ca

Email: info@sportloisirmontreal.ca

Services: Support for the development and promotion of sport, recreation, physical activity and outdoors. * Accompaniment, training and financial aid.

Eligibility: non-profit organizations, neighbourhoods, municipalities, educational institutions, schools and sport and recreation stakeholders

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

Financing: provincial

Legal status: non-profit organization

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

311

Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HEALTH CARE

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

Advocacy

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS POUR LE TRAVAIL DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9

514 575-0300

Website: rocqtr.org

Email: info@rocqtr.org

Services: Coordination for community organizations doing street work. * Representation. * Promotion of street work.

Eligibility: community organizations doing street work

Coverage area: Province of Québec

Fees: variable

Financing: membership fees, provincial

Legal status: non-profit organization

Day and evening centres

ABRI DE VILLERAY

7705, rue Saint-Hubert, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N8

514 379-2800

Email: info@refugecdi.com

Services: Emergency shelter. * Reception and intervention. * Help with procedures. * Showers. * Hot meals, snacks and coffee. * Distribution of sterile injection equipment. * Sanitary prevention and distribution of sanitary material.

Eligibility: adults who are homeless

Capacity: 45

Coverage area: Montréal Island, priority to people living in the north sector of Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: Provincial

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

PACT DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9

514 278-9181 Fax: 514 277-8919

Website: www.pactderue.org/en/accueil

Email: pact@videotron.ca

Services: Street work organization. * Accompaniment for young people to find an alternative to living in the street. * Referral, prevention, listening and crisis situations help. * Day centre for adults. * Needle exchange and condom distribution. * Naloxone kits distribution.

Eligibility: youth 12 to 25 years old, day centre: people 18 years and over in great precariousness

Coverage area: Anjou, Mercier-Ouest, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: administration: Monday to Friday 9h00 to 17h00, intervention: 11h00 to 00h00, help and listening: Monday to Friday 12h00 to 17h00

Fees: none

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

Legal status: non-profit organization

Health care

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

Housing for pregnant women and families

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8573-8583

8673 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 326-0784

Email: intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 41 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8690

8690 25th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 326-0784

Email: intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 9 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8733

8733 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 326-0784

Email: intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 16 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 9335

9335 Pie-IX Boulevard , apartment 1, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3W5

514 326-0784

Email: intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 14 apartments

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: 25% of family income
Financing: provincial, municipal
Legal status: non-profit organization

Mobile units and street work

ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES DE RUE DU QUÉBEC (L')

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9
514 575-0300

Website: attrueq.ca

Email: info@attrueq.ca

Services: Promotion, development and recognition of street work. * Sharing and meeting place. * Advocacy of rights and interests. * Support. * Collaboration with other organizations and promotion of social justice.

Eligibility: street workers

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00

Fees: \$60 per year

Financing: donations

Legal status: non-profit organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

GRANDE PORTE (LA)

8649 24th Avenue, Suite 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: * Living environment, animation, activities and support for youth. * Stimulation and support for children. * Youth socioprofessional integration program. * Youth prevention services. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 25 years old, adults, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

PACT DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9

514 278-9181 Fax: 514 277-8919

Website: www.pactderue.org/en/accueil

Email: pact@videotron.ca

Services: Street work organization. * Accompaniment for young people to find an alternative to living in the street. * Referral, prevention, listening and crisis situations help. * Day centre for adults. * Needle exchange and condom distribution. * Naloxone kits distribution.

Eligibility: youth 12 to 25 years old, day centre: people 18 years and over in great precariousness

Coverage area: Anjou, Mercier-Ouest, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Hours: administration: Monday to Friday 9h00 to 17h00, intervention: 11h00 to 00h00, help and listening: Monday to Friday 12h00 to 17h00

Fees: none

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

Legal status: non-profit organization

Shelters

ABRI DE VILLERAY

7705, rue Saint-Hubert, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N8

514 379-2800

Email: info@refugecdi.com

Services: Emergency shelter. * Reception and intervention. * Help with procedures. * Showers. * Hot meals, snacks and coffee. * Distribution of sterile injection equipment. * Sanitary prevention and distribution of sanitary material.

Eligibility: adults who are homeless

Capacity: 45

Coverage area: Montréal Island, priority to people living in the north sector of Montréal

Hours: 24 hours / 7 days

Fees: none

Financing: Provincial

Legal status: non-profit organization

Transitional housing

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION - JEUNES MÈRES

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay.

Eligibility: young mothers 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process

Capacity: 6 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES)

Confidential Address

514 374-5573 Fax: 514 725-0774**Website:** lesmaisonsdelancre.org**Email:** intervenantefoyer@lesmaisonsdelancre.org

Services: Transitional group home housing. * Reception and medium-term housing for 6 months to 2 years. * Helping relationship, accompaniment and individual and group follow-up. * Psychosocial intervention. * Post-housing follow-up. * Habitation Pelletier and Habitations de l'Ancre: permanent social housing units with community support.

Eligibility: single women in difficulty, victims of violence, homeless or at risk of homelessness or with addictions

Capacity: group housing: 11 places, post-housing follow-up: 20 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days, admission on weekdays

Fees: group housing: \$400 per month, meals included, satellite apartments: \$240 per month

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8573-8583

8673 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 326-0784**Email:** intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 41 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8690

8690 25th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 326-0784**Email:** intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 9 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: rent: 25% of family income

Financing: provincial, municipal

Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 8733

8733 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 326-0784**Email:** intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 16 apartments

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: 25% of family income
Financing: provincial, municipal
Legal status: non-profit organization

RELAIS DES JEUNES FAMILLES (LE) - HÉBERGEMENT 9335

9335 Pie-IX Boulevard , apartment 1, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3W5
514 326-0784

Email: intervenants@relaisdesjeunesfamilles.org

Services: Supervised apartments for young parents. * Three-year stay. * Support with gaining autonomy. * Social, school and professional integration.

Eligibility: parents 16 to 25 years old and their children

Capacity: 14 apartments

Coverage area: Montréal Island
Hours: Monday to Friday 9h00 to 17h00
Fees: rent: 25% of family income
Financing: provincial, municipal
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

ASSOCIATION DES LOCATAIRES DE VILLERAY

660 Villeray Street, Suite R-110, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 270-6703

Website: www.locatairesdevilleray.com

Email: info@locatairesdevilleray.com

Services: * Promotion of the right to housing and advocacy for tenants. * Welcoming service for tenants: legal information to assist tenants in dealing with problems with their landlord, listening to tenants in order to adequately answer their questions about a particular situation concerning the right to housing. * Information and popular education workshops on rising rents, housing upgrades, social housing, gentrification and more.

Eligibility: tenants

Coverage area: Villeray

Hours: Tuesday and Thursday 13h03 to 16h30 or by appointment

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

BRIQUE PAR BRIQUE

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7
514 665-7481

Website: www.briqueparbrique.com

Email: info@briqueparbrique.com

Services: Promotion of affordable housing in the multicultural neighborhood of Parc-Extension. * Development of social housing and of community spaces. * Support to projects of collective purchasing, tenant buy-out and cooperative residential development.

Eligibility: residents of Parc-Extension

Coverage area: Parc-Extension

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6
514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COMITÉ D'ACTION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS 03, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-6028 Fax: 514 278-0900

Website: comitedactionparcex.org

Email: cape@cooptel.qc.ca

Services: Information, advice and assistance with tenants' procedures. * Information on governmental housing allowance programs. * Consultation and intervention. * Legal clinic.

Eligibility: tenants

Coverage area: Parc-Extension

Hours: Tuesday to Thursday 9h30 to 11h30 and 13h30 to 16h30, legal clinic: Monday 15h00 to 18h00

Fees: none

Financing: Centraide of Greater Montréal, grants, donations, self-financing

Legal status: non-profit organization

Emergency**VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH**

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

311

Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations**ASSOCIATION DES LOCATAIRES DE VILLERAY**

660 Villeray Street, Suite R-110, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 270-6703

Website: www.locatairesdevilleray.com

Email: info@locatairesdevilleray.com

Services: * Promotion of the right to housing and advocacy for tenants. * Welcoming service for tenants: legal information to assist tenants in dealing with problems with their landlord, listening to tenants in order to adequately answer their questions about a particular situation concerning the right to housing. * Information and popular education workshops on rising rents, housing upgrades, social housing, gentrification and more.

Eligibility: tenants

Coverage area: Villeray

Hours: Tuesday and Thursday 13h03 to 16h30 or by appointment

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

BRIQUE PAR BRIQUE

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: www.briqueparbrique.com

Email: info@briqueparbrique.com

Services: Promotion of affordable housing in the multicultural neighborhood of Parc-Extension. * Development of social housing and of community spaces. * Support to projects of collective purchasing, tenant buy-out and cooperative residential development.

Eligibility: residents of Parc-Extension

Coverage area: Parc-Extension

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COMITÉ D'ACTION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS 03, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-6028 Fax: 514 278-0900

Website: comitedactionparcex.org

Email: cape@cooptel.qc.ca

Services: Information, advice and assistance with tenants' procedures. * Information on governmental housing allowance programs. * Consultation and intervention. * Legal clinic.

Eligibility: tenants

Coverage area: Parc-Extension

Hours: Tuesday to Thursday 9h30 to 11h30 and 13h30 to 16h30, legal clinic: Monday 15h00 to 18h00

Fees: none

Financing: Centraide of Greater Montréal, grants, donations, self-financing

Legal status: non-profit organization

FÉDÉRATION DE L'HABITATION COOPÉRATIVE DU QUÉBEC

7000 du Parc Avenue, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 843-6929 ext. 221 Fax: 514 843-5241

Website: fhcq.coop/en

Email: info@fhcq.coop

Services: Complete range of services based on housing cooperatives' needs. * Training workshops, insurance plan, grouping of savings. * Consulting services. * Assistance with administrative and financial management. * Inspection of buildings and construction work follow-up. * Waiting list available for people searching for housing. * List of cooperatives in the province of Québec.

Eligibility: housing cooperatives, people searching for housing

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: membership fees, self-financing

Legal status: non-profit organization

Housing search assistance**COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-MICHEL**

3565 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2G1

514 570-7084

Website: cje-centrenord.com/services/entrepreneuriat

Email: coopstmichel@cje-centrenord.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Saint-Michel

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 224-5998

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdesjeunesdevilleray@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Villeray

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ NOVAIDE

3565 Jarry Street East, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 278-6767 ext. 200 Fax: 514 278-1640

Website: novaide.com/en/home

Email: novaide@novaide.com

Services: Home care assistance. * Light housekeeping: regular household chores, laundry if necessary. * Meals preparation. * Heavy housekeeping: indoors and outdoors windows, walls and ceilings cleaning. * Preparation for a move: pack and unpack boxes. * Home respite-stimulation for caregivers of seniors.
Eligibility: seniors 65 years and over, people less than 65 years old with functional limitations and referred by the CLSC
Coverage area: at-home support: Villeray-Saint-Michel-Parc-Extension, Saint-Léonard, Rosemont-La Petite-Patrie, Rivière-des-Prairies, Montréal-Nord, respite: Villeray, Saint-Michel, Saint-Léonard, Rosemont-La Petite-Patrie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, home respite: 7 days, 8h00 to 22h00
Fees: variable, financial assistance provided by the RAMQ, home respite: financial assistance provided by Appui Montréal
Financing: self-financing
Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1
514 326-3022 Fax: 514 326-3024
Website: www.mhaiti.org
Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities
Coverage area: Greater Montréal
Hours: Monday to Friday 9h00 to 21h00
Fees: none
Financing: federal, provincial, municipal, foundations, fundraising campaigns
Legal status: non-profit organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8
438 381-6372 Fax: 438 381-9777
Website: www.maison-sourds.org
Email: mdsaide202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.
Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations
Capacity: social housing: 60 units, community hall: 225 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities
Fees: membership: \$45 per year
Financing: donations, self-financing, provincial, municipal
Legal status: non-profit organization

Social housing and housing cooperatives

FÉDÉRATION DE L'HABITATION COOPÉRATIVE DU QUÉBEC

7000 du Parc Avenue, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 843-6929 ext. 221 Fax: 514 843-5241

Website: fhcq.coop/en

Email: info@fhcq.coop

Services: Complete range of services based on housing cooperatives' needs. * Training workshops, insurance plan, grouping of savings. * Consulting services. * Assistance with administrative and financial management. * Inspection of buildings and construction work follow-up. * Waiting list available for people searching for housing.

* List of cooperatives in the province of Québec.

Eligibility: housing cooperatives, people searching for housing

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: membership fees, self-financing

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

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: info@hcgq.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

Immigration and sponsorship

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Interpretation and translation

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2
514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acommm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ALLIANCE OF CULTURAL COMMUNITIES FOR EQUALITY IN THE HEALTH AND SOCIAL SERVICES

7000 du Parc Avenue, Suite 408, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 287-1106 Fax: 514 287-7443

Website: accesss.net

Email: accesss@accesss.net

Services: Coalition of community organizations working with people from cultural communities in health and social services. * Promotion of the accessibility of government programs and services. * Training and information sessions. * Multilingual written and audio materials on COVID-19 vaccination: accesss.net/documents-multilingues-sur-la-vaccination-contre-la-covid-19/

Eligibility: community organizations serving cultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS - ACCOMPANIMENT-TRANSPORTATION

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

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

Eligibility: people 40 years and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00

Fees: \$15

Financing: provincial, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

Multicultural organizations**AFRIQUE AU FÉMININ**

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

4121 42nd Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 376-1581 Fax: 514 376-7642

Email: allianceth@hotmail.com

Services: Organization that supports youth and people living with mental health issues through the performing arts and cultural integration. * Theatre and cinematographic production. * Theatrical creation for youth living with a mental health problem. * Training and awareness regarding diversity.

Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon West Street, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224

Website: defillesetdesailes.ca

Email: info@defillesetdesailes.ca

Services: Sociocultural accompaniment for teenagers. * Listening and support. * Family mediation. * Intercultural accompaniment. * Parenting skills workshops. * Prevention.

Eligibility: families, teenagers

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES ÂGÉES VIETNAMIENNES CAO NIEN

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 273-8535 ext. 0

Email: vuongdang501@gmail.com

Services: * Recreational activities: mah-jong, tai-chi, line dancing.

Eligibility: seniors 60 years old and over Vietnamese origin, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 12h00

Fees: annual membership: \$15

Financing: membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7
514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public
Coverage area: Parc-Extension
Hours: activities: variable
Financing: grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
514 394-7751

Website: c3montreal.com
Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec
Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year
Financing: donations, contributions

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7
514 721-4680

Website: ccacanada.org
Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec
Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities
Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4
514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/
Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

F INSTITUTE

469 Jean-Talon Street West, Suite 306A, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 447-8159

Website: institutf.org

Email: info@institutf.org

Services: * Réussir la pluralité: workshops on issues related to intercultural relations. * Des quartiers forts de leurs femmes immigrantes program: facilitate access to neighbourhood services for racialized or immigrant women. * Cultiver un leadership d'excellence: leadership training course. * En famille, en harmonie program: improving family dynamics in Muslim communities. * Pluri'Elles: documentary on the heterogeneity of Muslim women in Québec.

Eligibility: Réussir la pluralité: organizational and institutional environments, Des quartiers forts de leurs femmes immigrantes: immigrant or racialized women in the boroughs where the program is implemented, Cultiver un leadership d'excellence: Muslim women 18 years and older, En famille, en harmonie: Muslim families, Muslim people involved in Muslim associations

Capacity: variable

Coverage area: Province of Québec

Hours: by appointment

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

I'MMIGRANT

Confidential Address

Website: immigrantcanada.org

Email: info@immigrantcanada.org

Services: * English conversation club. * French conversation club. * Photo and video projects. * Cultural events. * Expert advice. * Information on adult education in Québec. * Support platform for Ukrainian newcomers.

Eligibility: refugees, expatriates, international students, and immigrants

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Prevention and fight against racism

ALLIANCE OF CULTURAL COMMUNITIES FOR EQUALITY IN THE HEALTH AND SOCIAL SERVICES

7000 du Parc Avenue, Suite 408, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 287-1106 Fax: 514 287-7443

Website: accesss.net

Email: accesss@accesss.net

Services: Coalition of community organizations working with people from cultural communities in health and social services. * Promotion of the accessibility of government programs and services. * Training and information sessions. * Multilingual written and audio materials on COVID-19 vaccination: accesss.net/documents-multilingues-sur-la-vaccination-contre-la-covid-19/

Eligibility: community organizations serving cultural communities

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2

514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

AFRIQUE AU FÉMININ - TAX CLINIC

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Tax clinic open all year.

Eligibility: people on a low income: \$25,000 or less

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acommm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION CANADO-PÉRUVIENNE - TAX CLINIC

6830 Park Avenue, Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Year-round and remote tax clinic: by deposit, by phone, by Post Canada.

Eligibility: general public, tax clinic by phone: seniors, people with disabilities

Coverage area: Greater Montréal

Hours: 7 days, 7h00 to 19h00

Fees: contribution: \$25 per person per year, add \$5 for the return of documents and the results and confirmation of sending to the government, self-employed workers and others: additional contribution

Financing: donations, grants, self-financing

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2
514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE - TAX CLINIC

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.com

Email: clam@bellnet.ca

Services: Tax clinic by appointment.

Eligibility: newcomers (less than 5 years in Canada) and immigrant people on a low income 50 years and under

Coverage area: Greater Montréal

Hours: 2024 clinic: Monday to Friday 09h00 to 12h00 and 13h00 to 17h00, March and April 2024, by appointment

Fees: free

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7

514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE GÉNÉRATION EMPLOI

7000 du Parc Avenue, Suite 414, 4th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 948-0000 Fax: 514 948-5097

Website: www.generationemploi.org/en

Email: info@generationemploi.org

Services: Job integration. * Employment preparation program for people who are immigrants or from a racial minority. * Employment help and support in employment integration: training on various themes (mental and physical health, financial well-being, rights and freedoms), information session with the Programme d'Assurance-Emploi of Services Québec. * Referral, help and accompaniment towards the appropriate resources. * Work and study space. * Training for companies on various themes: intercultural accompaniment, cultural diversity, referral.

Eligibility: adults, companies, employment help and support in employment integration: youth from 18 to 35 years old, employment preparation program: immigrant individuals and visible minorities

Capacity: 150 people

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chaquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES - TAX CLINIC

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Website: www.chais.qc.ca

Email: centrehaitien@chais.qc.ca

Services: Walk-in tax clinic offered all year round, by deposit.

Eligibility: immigrants, people on a low income

Coverage area: Montréal Island

Hours: document deposit: Friday 10h00 to 14h00

Fees: \$5

Financing: provincial, federal

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

GROUPE ORIENTATION EMPLOI

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 593-7809 Fax: 514 593-6179

Website: www.groupeorientationemploi.com

Email: reception@groupeorientationemploi.com

Services: * Sales and customer service training. * Employment training for visible minority adults. * Employment training for people with functional limitations.

Eligibility: people 15 years and over

Coverage area: Saint-Michel, Villeray, Parc-Extension

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: info@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

1415 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 729-3036 ext. 7287

Website: www.ciusssnordmtl.ca

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach. * Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc. * Services to counsellors: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 18h00

Financing: provincial

Legal status: parapublic organization

I'MMIGRANT

Confidential Address

Website: immigrantcanada.org

Email: info@immigrantcanada.org

Services: * English conversation club. * French conversation club. * Photo and video projects. * Cultural events. * Expert advice. * Information on adult education in Québec. * Support platform for Ukrainian newcomers.

Eligibility: refugees, expatriates, international students, and immigrants

Coverage area: Greater Montréal

Financing: donations

Legal status: non-profit organization

INTÉGRATION JEUNESSE DU QUÉBEC

8110 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E2

514 598-7319 Fax: 514 598-0977

Website: www.ijq.qc.ca

Email: info@ijq.qc.ca

Services: * Job assistance and placement. * Paid internships. * Specific services for newcomers. * Work-study vocational training programs. * Lifeguard training. * Video game tester trainer. * Support and guidance in some adult education centres. * Institut de Quincaillerie du Québec: improvement training for hardware stores and construction materials centres' sales advisors www.institutquincaillerie.com

Eligibility: unemployed people 16 to 35 years old, newcomers (citizens, permanent residents and people with an open work permit or spouses or common-law partners of a person with an open work permit) searching for work

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS - MONTRÉAL

660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 271-4407

Website: myosotismaisonmultiethnique.com/index.php/myosotis

Email: administration@maisonmyosotis.org

Services: Psychological support available in person, by phone or at home. * Art therapy. * Group workshops. * Support and follow-up with a social worker. * Short and medium-term psychotherapy. * Information and referrals.

Eligibility: people on a low income, immigrants

Coverage area: Montréal Island, South Shore

Hours: Monday, Tuesday and Thursday 8h15 to 14h00, Thursday and Friday 8h00 to 14h00 teleworking

Fees: according to the income

Financing: provincial

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

PARK EXTENSION INFORMATION OFFICE

419 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

438 405-6278

Website: www.parcex.org/en/bipe

Email: bipe@parcex.org

Services: Multilingual centre of referral towards Park-Extension's resources and of accompaniment of the neighbourhood's residents. * Information on the neighbourhood and its services. * Referral toward Park Extension's community organizations and social services. * Accompaniment in the procedure to reach services.

Eligibility: residents

Coverage area: Park Extension

Hours: Monday and Friday 12h00 to 16h00, Tuesday to Thursday 10h00 to 14h00

Fees: none

Financing: municipal, provincial, Centraide du Grand Montréal, foundations

Legal status: non-profit organization

PERU-CANADA ASSOCIATION

6830 du Parc Avenue Suite 208, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 554-1272

Website: apc-canada.com

Email: apc.peru@yahoo.com

Services: * Integration assistance for newcomers. * Certification of documents. * Vocational guidance. * Information and economic development between Peru and Québec: networking, workshops on starting a business, management training. * Promotion of Peruvian culture: Peruvian festival in Montréal, film forum, food festival. * Conversation workshops: French and Spanish. * Tax clinic.

Eligibility: general public

Coverage area: Greater Montréal

Hours: Monday to Friday 7h00 to 19h00

Fees: none

Financing: donations, grants

Legal status: non-profit organization

PETITES-MAINS

7595 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1W9

514 738-8989 Fax: 514 738-6193

Website: www.petitesmains.com

Email: info@petitesmains.com

Services: Integration program. * Part-time French course. * 6-month full-time paid socio-professional training in industrial sewing, catering and administration area. * Work-study-family conciliation program. * Social and professional integration program for immigrant women. * Internship and first work experience in Québec program. * Long-term personalized follow-up. * Job search and work placement service. * Le Royaume des Petites-Mains early childhood centre: priority places available.

Eligibility: training: immigrant and asylum seeker women, unemployed, single parents, welfare or unemployment recipients, integration program: immigrant women with an accepted status, French courses: immigrant and asylum seeker men and women

Capacity: 700 to 750 participants per year

Coverage area: Montréal Island

Hours: Monday to Friday 8h00 to 17h00

Fees: training, French courses and integration program: free, allocations sometimes available

Financing: grants, donations, self-financing

Legal status: non-profit organization

RÉSEAU D'ACTION POUR L'ÉGALITÉ DES FEMMES IMMIGRÉES ET RACISÉES DU QUÉBEC

7000 du Parc Avenue, Suite 306, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 849-3956

Website: rafiq.ca

Email: accueil@rafiq.ca

Services: Advocacy organization for immigrant women. * Emancipation and empowerment. * Promotion of concertation between immigrant women. * Encourage research and action research. * Sharing of knowledge and practices. * Training and mobilization. * Promotion of gender equality.

Eligibility: immigrant women, racialized women, women facing a difficult situation

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, contributions

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL PAR OBJECTIFS

7245 Clark Street, Suite 301, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 277-6776 Fax: 514 277-6566

Website: simo-emplois.com

Email: info@simo-emplois.com

Services: Job search support. * Job search techniques and tools. * 26-week part-time individual follow-up. * Accompaniment of job-seekers and businesses through paid internships, including 2 weeks of training. * Pilot project into the tourism industry in collaboration with the CQRHT for asylum seekers.

Eligibility: people 18 years and over who are permanent residents, refugees, temporary foreign workers with a work permit or a Working Holiday Visa (WHV), Canadians from recent immigration who are not registered in another employability service and who master French

Capacity: 232

Coverage area: Greater Montréal

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Indigenous Peoples

EMPLOYMENT

GOVERNMENT SERVICES

Employment

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

Government services

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7
1 800 622-6232 TTY: 1 800 926-9105

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS

Advocacy groups

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7
438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - NORD DE MONTRÉAL

7500 de Châteaubriand Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2M1
514 277-7959 Fax: 514 277-7730

Website: www.acefnord.org

Email: info@acefnord.org

Services: * Help and information workshops on debts. * Budget counselling. * Classes on budgeting. * Desjardins Mutual Aid Fund micro-loan. * Support to consumers and consumer rights advocacy. * Tax clinic.

Eligibility: students, workers, retirees, employment insurance or social assistance recipients, general population, Desjardins Mutual Assistance Fund micro-loan: people facing an unexpected emergency expense to meet an essential need

Coverage area: North-West of Montréal island (delimited to the north by Rivière des Prairies, but including Île-Bizard, to the west by Lake of Two Mountains, to the south by Highway 40, then Decarie, then Van Horne, then Rosemont Boulevard and to the east by Pie-IX Boulevard)

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, provincial, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES LOCATAIRES DE VILLERAY

660 Villeray Street, Suite R-110, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 270-6703

Website: www.locatairesdevilleray.com

Email: info@locatairesdevilleray.com

Services: * Promotion of the right to housing and advocacy for tenants. * Welcoming service for tenants: legal information to assist tenants in dealing with problems with their landlord, listening to tenants in order to adequately answer their questions about a particular situation concerning the right to housing. * Information and popular education workshops on rising rents, housing upgrades, social housing, gentrification and more.

Eligibility: tenants

Coverage area: Villeray

Hours: Tuesday and Thursday 13h03 to 16h30 or by appointment

Fees: none

Financing: provincial, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DU QUÉBEC POUR ENFANTS AVEC PROBLÈMES AUDITIFS - OUTAOUAIS

7240 Waverly Street, Suite 205, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 842-8706

Website: aqepa.org/aqepa-outaouais

Email: aqepa.outaouais@aqepa.org

Services: * General information on deafness, awareness, referrals. * Support and helpline. * Advocacy. * Plaisir de lire: early stimulation by reading program for children from 0 to 5 years old who live with a hearing loss.

Eligibility: children with hearing disabilities and parents of children with hearing disabilities

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: \$5

Financing: provincial, membership fees

Legal status: non-profit organization

ASSOCIATION DU SYNDROME DE USHER DU QUÉBEC

2200 Crémazie Boulevard East, Suite 213, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

450 231-0789

Website: asuq.powweb.com

Email: info@asuq.info

Services: * Mutual aid group. * Awareness and advocacy of rights and interests, including in the paratransit sector. * Assistance, tactile interpretation (through touch and hand movements) and services in Braille. * Training for facilitators and interpreters.

Eligibility: people living with Usher Syndrome and people who are deaf-blind

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL

7501 François-Perrault Street, Suite 120, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Phone line for information and referral on programs, services and resources for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Conferences on rights. * Tax clinic. * Advice and support.

Eligibility: people 50 years old and over

Coverage area: Anjou, Saint-Léonard, Saint-Michel, Villeray, ITMAV: Saint-Michel

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE PLAIDOYER-VICTIMES

8615 Saint-Laurent Boulevard, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9

514 526-9037 Fax: 514 526-9951

Website: aqpv.ca/en/welcome-to-the-aqpv

Email: aqpv@aqpv.ca

Services: Promotion and advocacy of the rights and interests of victims of crime. * Information, support and guidance of victims. * Production and dissemination of information tools. * Training programs. * Public awareness activities. * Research activities in collaboration with university researchers. * Partnership and consultation with community organizations.

Eligibility: people victims of a crime, counsellors, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: contributions, self-financing, grants

Legal status: non-profit organization

BRIQUE PAR BRIQUE

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: www.briqueparbrique.com

Email: info@briqueparbrique.com

Services: Promotion of affordable housing in the multicultural neighborhood of Parc-Extension. * Development of social housing and of community spaces. * Support to projects of collective purchasing, tenant buy-out and cooperative residential development.

Eligibility: residents of Parc-Extension

Coverage area: Parc-Extension

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CO-SAVOIR

469 Jean-Talon Street West, Suite 229, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 972-1180 Fax: 514 876-1325

Website: cdeacf.ca

Email: info@cdeacf.ca

Services: Dissemination of information, documentation and resources on adult education, literacy, community action, popular education and the status of women. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.

Eligibility: trainers, community workers, managers, researchers, adult education teachers, students, activists, advocates

Coverage area: Canada

Hours: Monday and Tuesday 13h00 to 17h00, Wednesday and Thursday 10h00 to 12h00 and 13h00 to 17h00

Fees: some paid services for non-members

Financing: provincial

Legal status: non-profit organization

COMITÉ D'ACTION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS 03, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-6028 Fax: 514 278-0900

Website: comitedactionparcex.org

Email: cape@cooptel.qc.ca

Services: Information, advice and assistance with tenants' procedures. * Information on governmental housing allowance programs. * Consultation and intervention. * Legal clinic.

Eligibility: tenants

Coverage area: Parc-Extension

Hours: Tuesday to Thursday 9h30 to 11h30 and 13h30 to 16h30, legal clinic: Monday 15h00 to 18h00

Fees: none

Financing: Centraide of Greater Montréal, grants, donations, self-financing

Legal status: non-profit organization

CONFÉDÉRATION DES ORGANISMES DE PERSONNES HANDICAPÉES DU QUÉBEC

7000 du Parc Avenue, Suite 414-C, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 284-0155 Fax: 514 543-2709

Website: cophan.org

Email: laurie.rodamel@cophan.org

Services: * Dissemination of information. * Rights and interests advocacy. * Space for networking and discussions between the organizations. * Political representation.

Eligibility: organizations gathering people with all types of disabilities and their relatives

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: annual contribution

Financing: contributions, grants

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: contributions, grants

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE SOLIDARITÉS VILLERAY

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 279-0117

Website: www.solidaritesvilleray.org

Email: cdc@solidaritesvilleray.org

Services: Multisectorial and inter-network round table involved in fields related to poverty, social inequality and local, social and economic development. * Improvement of connections between cultural communities in the neighbourhood. * Villeray dans l'Est project trustee.

Eligibility: community organizations

Coverage area: Villeray: postal codes starting with H2R, H2P, H2E

Hours: Monday to Friday 9h00 to 17h00

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

Legal status: non-profit organization

DIABETES QUÉBEC

3750 Crémazie Boulevard East, Suite 500, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B6

514 259-3422 ext. 233 Fax: 514 259-9286

Website: www.diabete.qc.ca/en

Email: infodiabete@diabete.qc.ca

Services: Support to people living with diabetes to improve their well-being. * Information: InfoDiabetes phone and chat service, website, documentation. * Advocacy. * Research promotion and advancement.

Eligibility: people with diabetes and their families, healthcare professionals

Coverage area: Province of Québec

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

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

FÉDÉRATION DES FEMMES DU QUÉBEC

469 Jean-Talon Street West, Suite 319, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 876-0166

Website: ffq.qc.ca

Email: info@ffq.qc.ca

Services: * Promotion of women's rights and advocacy. * Dialogue and mobilization within the women's movement. * Information dissemination and facilitation of exchanges between groups.

Eligibility: women, women's associations

Coverage area: Province of Québec

Hours: by appointment

Financing: grants, membership fees, donations, fundraising campaigns

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789 Fax: 514 526-8891

Website: gaihst.qc.ca/home

Email: info@gaihst.qc.ca

Services: * Case handling: technical and moral support, listening, intervention, short and long-term follow-up. * Information and awareness sessions. * Training sessions for companies' resource persons. * Monthly coffee meetings.

Eligibility: people who have experienced sexual or psychological harassment in the workplace

Coverage area: Province of Québec, in-person services: Greater Montréal

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

Fees: direct support services: free, training: variable

Financing: provincial

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3

514 270-0338

Website: www.lajoiedesenfants.ca

Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

LIGUE DES DROITS ET LIBERTÉS

469 Jean-Talon Street West, Suite 105, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 849-7717

Website: liguedesdroits.ca

Email: info@liguedesdroits.ca

Services: Information, research and intervention for the development and defense of individual and collective rights and liberties. * Member of the International Federation for Human Rights (IFHR).

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: membership fees, donations, grants

Legal status: non-profit organization

MAISON DE QUARTIER VILLERAY (LA)

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MAISON PARENT-ROBACK

469 Jean-Talon Street West, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 878-1355 Fax: 514 878-4409

Website: la-mpr.qc.ca

Email: coordination@la-mpr.qc.ca

Services: * Rooms for women's community organizations. * Meeting room rental. * Advocacy of rights and interests for women. * Coordination and mobilization.

Eligibility: community organizations for women, women

Capacity: 80

Coverage area: Province of Québec

Financing: self-financing, provincial, federal

Legal status: non-profit organization

METROPOLITAN MONTRÉAL DEAF COMMUNITY CENTRE

2200 Crémazie Boulevard East, Suite 203, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8
514 903-2200 Fax: 514 279-5373 TTY: 514 279-7609

Website: www.ccsmm.net

Email: ccsmm.service@gmail.com

Services: * ASL (American Sign Language) and voice interpretation. * Information for deaf people, mostly with limited education and unemployed. * Advocacy of rights and interests. * Assistance in communication and support in the realization of various personal projects: help in filling out forms, bank calls, etc. * Reception of deaf immigrants.

Eligibility: hearing-impaired or deaf people, deaf-blind people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h30 and 13h00 to 16h30

Fees: membership: \$10 per year or \$22 for 3 years, discount for seniors and students

Financing: provincial, grants, membership fees

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PROJET D'AMÉNAGEMENT RÉSIDENTIEL ET INDUSTRIEL

7501 François-Perreault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 727-0914

Website: sites.google.com/paristmichel.com/pari/pari-st-michel

Email: info@paristmichel.com

Services: * Improvement of residents' quality of life. * Consultation and projects development. * Marché Solidaire Saint-Michel: fresh and affordable food in François-Perreault park. * Marché Solidaires Michelois. * Jardins des Patriotes: greening, embellishment and gardening on the Louis-Joseph-Papineau school's field. * Rent of reusable dishes for eco-responsible events. * Verdir Saint-Michel un arbre à la fois: planting trees on residential lots.

Eligibility: general population

Coverage area: Saint-Michel

Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00, Tuesday 9h00 to 12h00 and 13h00 to 19h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, grants, municipal

Legal status: non-profit organization

QUEBEC ASSOCIATION FOR EQUITY AND INCLUSION IN POST-SECONDARY EDUCATION

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 866 959-9451

Website: aqeips.qc.ca/en/home

Email: info@aqeips.qc.ca

Services: * Collective advocacy and promotion of the interests of students living with disabilities. * Information to members, their parents and resource persons in the field of education. * Scholarships program. * Online resource guide Post-Secondary Studies Are Also For You!: aqeips.qc.ca/en/guide/about-this-guide

Eligibility: post-secondary students living with a disability, teachers and counsellors

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active member: free, support member: \$20, institutional member: \$50

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

QUÉBEC FEDERATION FOR AUTISM

3396 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1W8

1 888 830-2833 Fax: 514 270-9261

Website: www.autisme.qc.ca

Email: direction@autisme.qc.ca

Services: * Advocacy and representation. * Information and referral. * Support for members. * Training. * Documentation centre.

Eligibility: people living with an autism spectrum disorder, organizations, families and relatives

Coverage area: Province of Québec

Hours: Tuesday and Thursday 9h00 to 16h30

Financing: donations, grants

Legal status: non-profit organization

QUEBEC NETWORK FOR SOCIAL INCLUSION OF DEAF AND HARD OF HEARING PERSONS

7240 Waverly Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

450 231-0304 Fax: 514 278-6886 **TTY:** 450 231-0304

Website: www.reqis.org

Email: administration@reqis.org

Services: Provincial advocacy organization for deaf and hard-of-hearing people in Quebec. * Raising awareness. * Information. * Training.

Eligibility: deaf and hard-of-hearing people, relatives living with them, public and government bodies, associations, organizations, research groups or any other organization with a mandate related to deafness

Coverage area: Province of Québec

Hours: Monday to Friday 9h30 to 15h00, by appointment only

Fees: variable

Financing: federal, provincial

Legal status: non-profit organization

R DES CENTRES DE FEMMES DU QUÉBEC (L')

469 Jean-Talon Street West, Suite 418, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 876-9965

Website: rcentres.qc.ca/en

Email: info@rcentres.qc.ca

Services: Promotion and development of the network of women's centres in Québec. * Representation in centres' claims and procedures. * Development of cooperation between women's centres. * Promotion of women's rights in all aspects of women's condition. * Referral to women's centres.

Eligibility: women's centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES TRAUMATISÉES CRANIOCÉRÉBRALES DU QUÉBEC

911 Jean-Talon Street East, Suite 134, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 543-4800

Website: www.connexiontccqc.ca

Email: info@connexiontccqc.ca

Services: * Representation in terms of needs and services. * Association, support and coordination.

Eligibility: people with a brain injury, their relatives, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS POUR LE TRAVAIL DE RUE

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9

514 575-0300

Website: rocqtr.org

Email: info@rocqtr.org

Services: Coordination for community organizations doing street work. * Representation. * Promotion of street work.

Eligibility: community organizations doing street work

Coverage area: Province of Québec

Fees: variable

Financing: membership fees, provincial

Legal status: non-profit organization

RELAIS-FEMMES

469 Jean-Talon Street West, Suite 412, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-1212

Website: www.relais-femmes.qc.ca

Email: relais@relais-femmes.qc.ca

Services: Documentation centre on women's status. * Training and assistance. * Research. * Liaison and consultation.

Eligibility: community and women groups, universities, institutions

Coverage area: Canada

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

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

Legal status: non-profit organization

RÉSEAU D'ACTION POUR L'ÉGALITÉ DES FEMMES IMMIGRÉES ET RACISÉES DU QUÉBEC

7000 du Parc Avenue, Suite 306, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 849-3956

Website: rafiq.ca

Email: accueil@rafiq.ca

Services: Advocacy organization for immigrant women. * Emancipation and empowerment. * Promotion of concertation between immigrant women. * Encourage research and action research. * Sharing of knowledge and practices. * Training and mobilization. * Promotion of gender equality.

Eligibility: immigrant women, racialized women, women facing a difficult situation

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, contributions

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

SPINA BIFIDA AND HYDROCEPHALUS ASSOCIATION OF QUÉBEC

7000 Park Avenue, Suite 309, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
1 800 567-1788

Website: www.spina.qc.ca

Email: info@spina.qc.ca

Services: * Promote the rights, interests and well-being of people living with spina bifida and hydrocephalus. * Documentation: information sessions, referral, conferences. * Virtual assistant providing accompaniment and help in preparing young people in their transition to adult life: notes2self.ca * Website on hydrocephalus: hydrocephalie.ca

Eligibility: people living with spina bifida and hydrocephalus, their parents, associations and individuals concerned about the matter

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: \$20

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

TABLE DE QUARTIER DE PARC-EXTENSION

6830 Parc Avenue, Suite 537 and 516, 5th floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 543-6063

Website: www.parcex.org/en

Email: info@parcex.org

Services: Grouping of local social actors seeking to improve the quality of life and the living conditions of citizens and to promote their rights and collective interests. * Implementation of the Collective Impact Project (CIP) in Park Extension. * Mobilisation of the neighbourhood stakeholders and competent authorities. * Promotion of the participation and mobilisation of residents. * Park Extension Information Office (BIPE): access point to the community resources of the neighbourhood.

Eligibility: residents, community organisations, institutions

Coverage area: Park Extension

Financing: municipal, provincial, Centraide du Grand Montréal

Legal status: non-profit organization

TABLE DES GROUPES DE FEMMES DE MONTRÉAL

469 Jean-Talon Street West, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 381-3288

Website: www.tgfm.org/en

Email: info@tgfm.org

Services: Consultation and training for women's groups. * Promotion and advocacy of women's rights and demands.

Eligibility: women's groups

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00

Financing: membership fees, provincial

Legal status: non-profit organization

UNION DES CONSOMMATEURS

7000 du Parc Avenue, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 888 521-6820 Fax: 514 521-0736

Website: uniondesconsommateurs.ca

Email: info@uniondesconsommateurs.ca

Services: * Collective advocacy. * Representation of consumers' interests before various political, regulatory and legal entities. * Research, actions and representations on family budget, debt, energy, telephone companies, health, commercial practices, social and tax policies, etc.

Eligibility: member organizations, consumers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

Consumer protection and complaints**ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - NORD DE MONTRÉAL**

7500 de Châteaubriand Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2M1

514 277-7959 Fax: 514 277-7730

Website: www.acefnord.org

Email: info@acefnord.org

Services: * Help and information workshops on debts. * Budget counselling. * Classes on budgeting. * Desjardins Mutual Aid Fund micro-loan. * Support to consumers and consumer rights advocacy. * Tax clinic.

Eligibility: students, workers, retirees, employment insurance or social assistance recipients, general population, Desjardins Mutual Assistance Fund micro-loan: people facing an unexpected emergency expense to meet an essential need

Coverage area: North-West of Montréal island (delimited to the north by Rivière des Prairies, but including Île-Bizard, to the west by Lake of Two Mountains, to the south by Highway 40, then Decarie, then Van Horne, then Rosemont Boulevard and to the east by Pie-IX Boulevard)

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: Centraide of Greater Montréal, provincial, membership fees, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

UNION DES CONSOMMATEURS

7000 du Parc Avenue, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

1 888 521-6820 Fax: 514 521-0736

Website: uniondesconsommateurs.ca

Email: info@uniondesconsommateurs.ca

Services: * Collective advocacy. * Representation of consumers' interests before various political, regulatory and legal entities. * Research, actions and representations on family budget, debt, energy, telephone companies, health, commercial practices, social and tax policies, etc.

Eligibility: member organizations, consumers

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: grants, self-financing

Legal status: non-profit organization

Correctional services

CORRECTIONAL SERVICE CANADA - OGILVY COMMUNITY CORRECTIONAL CENTRE

435 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

514 273-5246 Fax: 514 273-0628

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

Legal assistance and information

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acomm.ca

Email: info@acomm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acomm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ASSOCIATION DÉFI-LLES ET DES AILES

469 Jean-Talon West Street, Suite 403, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 546-9224

Website: defillesetdesailes.ca

Email: info@defillesetdesailes.ca

Services: Sociocultural accompaniment for teenagers. * Listening and support. * Family mediation. * Intercultural accompaniment. * Parenting skills workshops. * Prevention.

Eligibility: families, teenagers

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL

7501 François-Perrault Street, Suite 120, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1
514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Phone line for information and referral on programs, services and resources for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Conferences on rights. * Tax clinic. * Advice and support.

Eligibility: people 50 years old and over

Coverage area: Anjou, Saint-Léonard, Saint-Michel, Villeray, ITMAV: Saint-Michel

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

BUREAU DE RESSOURCES DES ASSISTÉ-E-S SOCIAUX DE VILLERAY

660 Villeray Street, Suite 1.104, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
514 495-8101

Website: brasvilleray.org

Email: brasvilleray@videotron.ca

Services: Advocacy group for people on welfare. * Help for the recognition and defense of social rights. * Gathering, mobilizing and disseminating information. * Help in filling out forms for last-resort financial assistance.

Eligibility: social assistance recipients

Coverage area: Greater Montreal

Hours: Monday to Thursday 9h00 à 16h00

Fees: none

Financing: Provincial, Donations

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7
514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CLINIQUE JURIDIQUE DE SAINT-MICHEL

3737 Crémazie Boulevard East, Suite 801, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4
514 621-4737

Website: www.cjsm.ca

Email: info@cjsm.ca

Services: * Free legal consultation. * Online legal library.

Eligibility: general public

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: donations, municipal, provincial, federal

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h30

Financing: contributions, grants

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4
514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

VILLERAY-SAINT-MICHEL-PARC-EXTENSION - BOROUGH

405 Ogilvy Avenue, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1M3

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Website: montreal.ca/villeray-saint-michel-parc-extension

Email: vsp@ville.montreal.qc.ca

Services: Points of service * Accès Montréal Office offering information on services and activities: montreal.ca/en/places/acces-montreal-office-villeray-saint-michel-parc-extension * Permit counter: montreal.ca/en/places/permit-counter-villeray-saint-michel-parc-extension 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 * Storage after an eviction: montreal.ca/en/how-to/recover-belongings-storage-after-eviction * Accès Montréal card subscription. * Cat and dog licenses. * Parking licenses. * Administration of oath. * Property assessment. * Information and payment of municipal taxes. * Ticket information and payment. * Municipal service intervention requests. * Low-cost housing application. * Yard sale permits. * Recycling and compost bins. * Community gardens. * Public domain permits. * Enforcement of housing sanitation regulation. * Information sessions on coyotes in daycare centres of Villeray.

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

Professional orders and associations

ASSOCIATION DES ART-THÉRAPEUTES DU QUÉBEC

911 Jean-Talon Street East, Suite 307B, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5
514 990-5415

Website: aatq.org/en

Email: info@aatq.org

Services: Promotion of professional art therapy in Québec. * Protection of the interests of people receiving art therapy services through the maintenance of professional standards of practice and training. * Information to the public and health care professionals regarding art therapy services, practices and professional training. * Information about art therapy conferences, lectures and workshops.

Eligibility: art therapist members and students

Coverage area: Province of Québec

Fees: annual membership fees

Financing: membership fees, self-financing

Legal status: non-profit organization

ASSOCIATION DES INTERVENANTS EN DÉPENDANCE DU QUÉBEC

7240 Waverly Street, Suite 207, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8
514 287-9625 Fax: 514 287-9649

Website: aidq.org

Email: info@aidq.org

Services: Provincial network aimed at supporting and evolving addiction-related intervention practices. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * Training * Skills development, coordination and sharing of expertise. * Distribution of informational and prevention material, documentation centre.

Eligibility: stakeholders of all sectors interested in the field of addictions in Québec

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

ASSOCIATION DES TRAVAILLEURS ET TRAVAILLEUSES DE RUE DU QUÉBEC (L')

8105 de Gaspé Avenue, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2J9
514 575-0300

Website: attrueq.ca

Email: info@attrueq.ca

Services: Promotion, development and recognition of street work. * Sharing and meeting place. * Advocacy of rights and interests. * Support. * Collaboration with other organizations and promotion of social justice.

Eligibility: street workers

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 12h00

Fees: \$60 per year

Financing: donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES CENTRES DE LA PETITE ENFANCE

7245 Clark Street, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4
1 888 326-8008 Fax: 514 326-3322

Website: www.aqcpe.com

Email: info@aqcpe.com

Services: Representation of CPE and BC/CPE. * Legal services. * Educational services. * Tools and trainings. * Management services. * Prevention mutual.
Eligibility: regional CPE associations, CPE and coordinating offices
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership, services: variable
Financing: provincial, contributions
Legal status: non-profit organization

FÉDÉRATION QUÉBÉCOISE DES MASSOTHÉRAPEUTES AGRÉÉS

110 Crémazie Boulevard West, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1B9
1 800 363-9609 Fax: 514 597-0141

Website: www.fqm.qc.ca/en

Email: administration@fqm.qc.ca

Services: * Monitoring compliance with norms and standards of the profession. * Support for massage therapists in their professional practice. * Information and public protection. * Promotion of massage therapy benefits. * Directory: www.fqm.qc.ca/en/search-masso

Eligibility: adults 18 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: contributions

Legal status: non-profit organization

ORDRE PROFESSIONNEL DES CRIMINOLOGUES DU QUÉBEC

1100 Crémazie Boulevard East, Suite 610, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2X2
1 844 437-6727 Fax: 514 416-2255

Website: ordrecrim.ca

Email: info@ordrecrim.ca

Services: Association of criminologists. * Directory of member criminologists: [click here](#) * How to file a complaint: [click here](#) * Information on the profession. * Continuous education. * Protection of the public. * Promotion and representation of members.

Eligibility: criminologists, general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: criminologists: annual membership

Financing: membership fees

Legal status: non-profit organization

OSTÉOPATHIE QUÉBEC

7000 du Parc Avenue, Suite 204, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
1 844 770-5043

Website: www.osteopathiequebec.ca

Email: info@osteopathiequebec.ca

Services: Association of professional osteopaths. * Information and referral. * Recognition of osteopathy training programs according to WHO standards. * Directory of member osteopaths: www.osteopathiequebec.ca/fr/trouver-un-osteopathe * Continued training. * Espace O: room rental for members for training purposes. * Group insurance and professional liability.

Eligibility: general public, member osteopaths

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership

Financing: membership fees

Legal status: non-profit organization

SOCIÉTÉ DE CRIMINOLOGIE DU QUÉBEC

7333 Saint-Denis Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5
438 376-4362

Website: societecrimino.qc.ca

Email: dg.societedecriminologie@hotmail.com

Services: * Contributes to the evolution of the criminal justice system. * Encourages exchanges, debates and research. * Contributes to the training and skills development of counsellors and students and to the development of prevention and intervention community approaches.

Eligibility: general public and professionals interested in criminal justice

Coverage area: Province of Québec

Hours: office: Monday and Wednesday, phone service: 7 days

Financing: provincial

Legal status: non-profit organization

Support for offenders**CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN**

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit 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 MENTAL HEALTH ISSUES

Addiction prevention

AMIS DU MONDE

Confidential Address

514 969-7301

Website: www.lesamisdumonde.org

Email: amisdumonde737@gmail.com

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

Eligibility: youth 9 to 15 years old

Coverage area: Saint-Léonard

Hours: by appointment only

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

ASSOCIATION DES INTERVENANTS EN DÉPENDANCE DU QUÉBEC

7240 Waverly Street, Suite 207, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y8

514 287-9625 Fax: 514 287-9649

Website: aidq.org

Email: info@aidq.org

Services: Provincial network aimed at supporting and evolving addiction-related intervention practices. * Support for community work in prevention, harm reduction, treatment and social rehabilitation. * Training * Skills development, coordination and sharing of expertise. * Distribution of informational and prevention material, documentation centre.

Eligibility: stakeholders of all sectors interested in the field of addictions in Québec

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Financing: membership fees, self-financing, grants

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

HÉBERJEUNE DE PARC EXTENSION

7004 Hutchison Street, Suite 2, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y6

514 273-2700 Fax: 514 273-1470

Website: heberjeune.ca

Email: directionheberjeune@gmail.com

Services: Medium-term housing with support and guidance. * 3 months to 1 year stay. * Service Spécialisé Jeune: support for youth who face considerable obstacles to employment. * Intégra-action jeunesse: intensive training, paid at the minimum wage, for youth who are distant from the job market. * Prevention and harm reduction: specialized intervention in substance abuse.

Eligibility: youth 18 to 25 years old, who have been through a crisis and are ready to undertake a social integration process, Service Spécialisé Jeune: youth 18 to 30 years old who faces considerable obstacles to employment

Capacity: 20 housing units

Coverage area: Montréal Island, priority to youth living in Parc-Extension

Hours: Monday to Thursday 9h00 to 22h00, Friday 9h00 to 12h00, by appointment

Fees: about 25% of monthly income

Financing: provincial

Legal status: non-profit organization

Addiction treatment

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

HÔPITAL JEAN-TALON

1385 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1S6

514 495-6767

Website: www.ciusssnordmtl.ca/installations/hopitaux/hopital-jean-talon

Services: General and specialized cares hospital. * Emergency. * Intensive care. * Short-term geriatric unit. * Medical imaging. * Test centre. * Detoxification.

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

MAISON LA BOUÉE

6833, avenue de L'Épée, bureau 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

438 520-4660

Website: www.maisonlabouee.com

Email: maisonlabouee@videotron.ca

Services: External rehabilitation centre: alcohol, drugs, gambling and any other form of addiction. * 16-weeks outpatient therapy including 8 individual sessions, 2 intensive weekends, and 8 mindfulness-based relapse prevention sessions. * 12-week group program. * 12-month aftercare follow-up. * 6-month relapse prevention program with weekly meeting. * Thematic intensive weekend. * Employee Assistance Program: workplace training. * Family program and assistance service, information and support. * Telephone service 7 days a week. * Transportation. * Lectures. * Items donations in case of emergency for members only.

Eligibility: people prone to all types of addictions: alcohol, drugs, compulsive gambling, emotional, etc.

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 21h00

Fees: free evaluation, 16-week therapy: \$4500, refundable by several insurance companies

Financing: autofinancement

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES)

Confidential Address

514 374-5573 Fax: 514 725-0774

Website: lesmaisonsdelancre.org

Email: intervenantefoyer@lesmaisonsdelancre.org

Services: Transitional group home housing. * Reception and medium-term housing for 6 months to 2 years. * Helping relationship, accompaniment and individual and group follow-up. * Psychosocial intervention. * Post-housing follow-up. * Habitation Pelletier and Habitations de l'Ancre: permanent social housing units with community support.

Eligibility: single women in difficulty, victims of violence, homeless or at risk of homelessness or with addictions

Capacity: group housing: 11 places, post-housing follow-up: 20 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days, admission on weekdays

Fees: group housing: \$400 per month, meals included, satellite apartments: \$240 per month

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

Community support in mental health

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

4121 42nd Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 376-1581 Fax: 514 376-7642

Email: allianceth@hotmail.com

Services: Organization that supports youth and people living with mental health issues through the performing arts and cultural integration. * Theatre and cinematographic production. * Theatrical creation for youth living with a mental health problem. * Training and awareness regarding diversity.

Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE SAINT-MICHEL

7701 Leonardo da Vinci Avenue, Suite 111, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 0A1

514 593-7344 Fax: 514 593-4537

Website: entraidesaintmichel.org

Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration. * Support, self-help and personal growth. * Recreational, educational and practical activities. * Punctual monitoring, active listening, referral.

Eligibility: people 18 years and over with mental health problems and who are autonomous

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$7

Financing: provincial, foundations, donations

Legal status: non-profit organization

ESPACE LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A2
514 321-4984 Fax: 514 321-5563

Website: espacelt.org

Email: inforh@espacelt.org

Services: * Housing, rehabilitation, social integration. * Group homes and supervised apartments. * Daily life management. * Accompaniment. * Collaborative work with partners and close ones. * Habitations La Traversée: subsidized and non-subsidized housing for seniors with services. * Habitat Charleroi: subsidized housing with services for seniors at risk of homelessness.

Eligibility: people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues

Capacity: 100 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Financing: donations, foundations, provincial

Legal status: non-profit organization

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

1415 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7
514 729-3036 ext. 7287

Website: www.ciussnordmtl.ca

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach. * Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc. * Services to counsellors: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 18h00

Financing: provincial

Legal status: parapublic organization

MAISON LA BOUÉE

6833, avenue de L'Épée, bureau 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7
438 520-4660

Website: www.maisonlabouee.com

Email: maisonlabouee@videotron.ca

Services: External rehabilitation centre: alcohol, drugs, gambling and any other form of addiction. * 16-weeks outpatient therapy including 8 individual sessions, 2 intensive weekends, and 8 mindfulness-based relapse prevention sessions. * 12-week group program. * 12-month aftercare follow-up. * 6-month relapse prevention program with weekly meeting. * Thematic intensive weekend. * Employee Assistance Program: workplace training. * Family program and assistance service, information and support. * Telephone service 7 days a week. * Transportation. * Lectures. * Items donations in case of emergency for members only.

Eligibility: people prone to all types of addictions: alcohol, drugs, compulsive gambling, emotional, etc.

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 21h00

Fees: free evaluation, 16-week therapy: \$4500, refundable by several insurance companies

Financing: autofinancement

Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS - MONTRÉAL

660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 271-4407

Website: myosotismaisonmultiethnique.com/index.php/myosotis

Email: administration@maisonmyosotis.org

Services: Psychological support available in person, by phone or at home. * Art therapy. * Group workshops. * Support and follow-up with a social worker. * Short and medium-term psychotherapy. * Information and referrals.

Eligibility: people on a low income, immigrants

Coverage area: Montréal Island, South Shore

Hours: Monday, Tuesday and Thursday 8h15 to 14h00, Thursday and Friday 8h00 to 14h00 teleworking

Fees: according to the income

Financing: provincial

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VETERANS AFFAIRS CANADA

305 René Lévesque Boulevard West, Suite 101, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1X1

1 866 522-2122 TTY: 1 833 921-0071

Website: www.veterans.gc.ca/eng

Email: information@veterans.gc.ca

Services: Assumes governmental responsibilities relative to the support and services for veterans. * Financial assistance: incapacity allowance, relief allowance, health care or funeral fees, survivor pension, captivity or death indemnity, etc. * Medical, psychosocial and vocational rehabilitation services. * Transition to civil life assistance. * Veterans Affairs Assistance Service: phone counselling and referral service available at all times.

Eligibility: veterans, families and survivors

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30, VAC assistance service: 24 hours / 7 days

Financing: federal

Legal status: federal government agency

Crisis centres and suicide prevention

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

Helplines

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acomm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ENTRAIDE SAINT-MICHEL

7701 Leonardo da Vinci Avenue, Suite 111, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 0A1

514 593-7344 Fax: 514 593-4537

Website: entraidesaintmichel.org

Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration. * Support, self-help and personal growth. * Recreational, educational and practical activities. * Punctual monitoring, active listening, referral.

Eligibility: people 18 years and over with mental health problems and who are autonomous

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$7

Financing: provincial, foundations, donations

Legal status: non-profit organization

MOUVEMENT SANTÉ MENTALE QUÉBEC

911 Jean-Talon Street East, Suite 326, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 849-3291 Fax: 514 849-8372

Website: www.mouvementsmq.ca

Email: info@mouvementsmq.ca

Services: Mental health awareness campaign. * Dissemination of material. * Support to regional members. * Information and referral. * Workshops and conferences.

Eligibility: youth, adults, seniors, workplaces

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: fees for promotional material orders

Financing: grants, donations, self-financing

Legal status: non-profit organization

Mental health housing

ESPACE LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A2

514 321-4984 Fax: 514 321-5563

Website: espacelt.org

Email: inforh@espacelt.org

Services: * Housing, rehabilitation, social integration. * Group homes and supervised apartments. * Daily life management. * Accompaniment. * Collaborative work with partners and close ones. * Habitations La Traversée: subsidized and non-subsidized housing for seniors with services. * Habitat Charleroi: subsidized housing with services for seniors at risk of homelessness.

Eligibility: people of all ages living with a mental illness, an intellectual disability, a loss of autonomy or social adaptation issues

Capacity: 100 people

Coverage area: Greater Montréal

Hours: 24 hours / 7 days

Financing: donations, foundations, provincial

Legal status: non-profit organization

Psychiatric services

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

1415 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 729-3036 ext. 7287

Website: www.ciussnordmtl.ca

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach. * Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc. * Services to counsellors: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 18h00

Financing: provincial

Legal status: parapublic organization

Self-help groups for mental health issues

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ENTRAIDE SAINT-MICHEL

7701 Leonardo da Vinci Avenue, Suite 111, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 0A1

514 593-7344 Fax: 514 593-4537

Website: entraidesaintmichel.org

Email: info@entraidesaintmichel.org

Services: Social and professional reintegration activities. * Reception and integration. * Support, self-help and personal growth. * Recreational, educational and practical activities. * Punctual monitoring, active listening, referral.

Eligibility: people 18 years and over with mental health problems and who are autonomous

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: annual contribution: \$7

Financing: provincial, foundations, donations

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS - MONTRÉAL

660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 271-4407

Website: myosotismaisonmultiethnique.com/index.php/myosotis

Email: administration@maisonmyosotis.org

Services: Psychological support available in person, by phone or at home. * Art therapy. * Group workshops. * Support and follow-up with a social worker. * Short and medium-term psychotherapy. * Information and referrals.

Eligibility: people on a low income, immigrants

Coverage area: Montréal Island, South Shore

Hours: Monday, Tuesday and Thursday 8h15 to 14h00, Thursday and Friday 8h00 to 14h00 teleworking

Fees: according to the income

Financing: provincial

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 DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5
514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ NOVAIDE

3565 Jarry Street East, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 278-6767 ext. 200 Fax: 514 278-1640

Website: novaide.com/en/home

Email: novaide@novaide.com

Services: Home care assistance. * Light housekeeping: regular household chores, laundry if necessary. * Meals preparation. * Heavy housekeeping: indoors and outdoors windows, walls and ceilings cleaning. * Preparation for a move: pack and unpack boxes. * Home respite-stimulation for caregivers of seniors.

Eligibility: seniors 65 years and over, people less than 65 years old with functional limitations and referred by the CLSC

Coverage area: at-home support: Villeray-Saint-Michel-Parc-Extension, Saint-Léonard, Rosemont-La Petite-Patrie, Rivière-des-Prairies, Montréal-Nord, respite: Villeray, Saint-Michel, Saint-Léonard, Rosemont-La Petite-Patrie

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, home respite: 7 days, 8h00 to 22h00

Fees: variable, financial assistance provided by the RAMQ, home respite: financial assistance provided by Appui Montréal

Financing: self-financing

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

1415 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 729-3036 ext. 7287

Website: www.ciusssnordmtl.ca

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach. * Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc. * Services to counsellors: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 18h00

Financing: provincial

Legal status: parapublic organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

TEMPS D'UNE PAUSE (LE)

3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8

514 373-9851

Website: www.tempsdunepause.org

Email: admissions@tempsdunepause.org

Services: * Respite in a day centre for one or two days a week. * Support and follow-up for caregivers. * Training for caregivers: conferences and workshops. * Support for families in managing confusing behaviors. * Christmas reception for members.

Eligibility: people living with neurodegenerative disorders such as Alzheimer's diseases, caregivers, families

Capacity: day centre: 6 to 10 people

Coverage area: Ahuntsic, Anjou, Le Plateau-Mont-Royal, Mercier-Hochelaga-Maisonneuve, Montréal-Est, Montréal-Nord, Rivière-des-Prairies-Pointe-aux-Trembles, Rosemont-La Petite-Patrie, Saint-Léonard, Villeray-Saint-Michel

Hours: Monday to Saturday 9h00 to 17h00

Fees: half-day respite: \$17, full-day respite: \$25 including meal without transportation, annual contribution: \$10 per person

Financing: provincial, donations

Legal status: non-profit organization

Community and Recreation Centres

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8
514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

ASSOCIATION DES PERSONNES ÂGÉES VIETNAMIENNES CAO NIEN

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 273-8535 ext. 0

Email: vuongdang501@gmail.com

Services: * Recreational activities: mah-jong, tai-chi, line dancing.

Eligibility: seniors 60 years old and over Vietnamese origin, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 12h00

Fees: annual membership: \$15

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1
514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7
514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscsm.qc.ca

Email: lscsm@lscsm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Volunteer transportation and accompaniment to medical appointments, including vaccination. * Transport for socialization in the Villeray neighbourhood: grocery store, bank, training, visits to relatives, etc. * Accompaniment to errands (without a car). * Friendly visits. * Friendly calls, safety calls and birthday calls. * Information, referral and resources. * Conferences and workshops.

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$10, services: free, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Day centres and respite

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

Friendly visits and safety calls

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

7501 François-Perrault Street, Suite 120, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Community outreach work for vulnerable seniors.

Eligibility: people 50 years old and over

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: Community outreach work for vulnerable seniors.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15

Financing: provincial, grants, donations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Park-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Volunteer transportation and accompaniment to medical appointments, including vaccination. * Transport for socialization in the Villeray neighbourhood: grocery store, bank, training, visits to relatives, etc. * Accompaniment to errands (without a car). * Friendly visits. * Friendly calls, safety calls and birthday calls. * Information, referral and resources. * Conferences and workshops.

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$10, services: free, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Home support**CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+**

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-MICHEL

3565 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2G1

514 570-7084

Website: cje-centrenord.com/services/entrepreneuriat

Email: coopstmichel@cje-centrenord.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Saint-Michel

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 224-5998

Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif

Email: coopdesjeunesdevilleray@gmail.com

Services: Youth entrepreneurship projects. * Services vary depending on each cooperative: housekeeping, childcare, lawn mowing, moving assistance, etc.

Eligibility: services offered to the general public by youth in high school

Coverage area: Villeray

Hours: summer

Fees: variable

Financing: provincial, self-financing

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ NOVAIDE

3565 Jarry Street East, Suite 410, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 278-6767 ext. 200 Fax: 514 278-1640

Website: novaide.com/en/home

Email: novaide@novaide.com

Services: Home care assistance. * Light housekeeping: regular household chores, laundry if necessary. * Meals preparation. * Heavy housekeeping: indoors and outdoors windows, walls and ceilings cleaning. * Preparation for a move: pack and unpack boxes. * Home respite-stimulation for caregivers of seniors.

Eligibility: seniors 65 years and over, people less than 65 years old with functional limitations and referred by the CLSC

Coverage area: at-home support: Villeray-Saint-Michel-Parc-Extension, Saint-Léonard, Rosemont-La Petite-Patrie, Rivière-des-Prairies, Montréal-Nord, respite: Villeray, Saint-Michel, Saint-Léonard, Rosemont-La Petite-Patrie

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, home respite: 7 days, 8h00 to 22h00

Fees: variable, financial assistance provided by the RAMQ, home respite: financial assistance provided by Appui Montréal

Financing: self-financing

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Volunteer transportation and accompaniment to medical appointments, including vaccination. * Transport for socialization in the Villeray neighbourhood: grocery store, bank, training, visits to relatives, etc. * Accompaniment to errands (without a car). * Friendly visits. * Friendly calls, safety calls and birthday calls. * Information, referral and resources. * Conferences and workshops.

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$10, services: free, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Housing for seniors

CHSLD DE SAINT-MICHEL

3130 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4N8

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-de-saint-michel

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: Villeray-Saint-Michel-Parc-Extension

Financing: provincial

Legal status: parapublic organization

CHSLD JOSEPH-FRANÇOIS-PERRAULT

7400 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2Z8

514 722-3000

Website: ciusss-estmtl.gouv.qc.ca/etablissement/chsld-joseph-francois-perrault

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: Saint-Léonard, Villeray-Saint-Michel-Parc-Extension

Financing: provincial

Legal status: parapublic organization

HABITATIONS LA TRAVERSÉE

1460 Crémazie Boulevard East, Suite 100, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A2

514 321-4984 ext. 224

Website: espacelt.org

Email: hlt@espacelt.org

Services: Subsidized and non-subsidized housing for seniors with services. * Studios, 3½, 4½. * Habitat 1460 at 1460 Crémazie Boulevard East. * Habitat Fullum at 1431 Fullum Street. * Habitat Charleroi at 11132 Pie-IX Boulevard: community support on-site. * Community rooms. * Lunch meals service.

Eligibility: people aged 65 years and over, autonomous or with a slight loss of autonomy, habitat Charleroi: seniors at risk of homelessness

Capacity: 185 apartments

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 16h00

Fees: subsidized apartments: 25% of income based on provincial notice of assessment, unsubsidized apartments: variable

Financing: municipal, provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MONTRÉAL - RÉSIDENCES ENHARMONIE - RÉSIDENTE ALFREDO-GAGLIARDI

7170 Berri Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 0A2

514 279-0075

Website: www.residencesenharmonie.qc.ca/en/residences/alfredo-gagliardi-residence

Email: info.ag@omhm.qc.ca

Services: Affordable housing: studios, one-bedrooms or two-bedrooms. * Included in monthly rent: 5 meals a week in the dining hall, 2 breakfasts on weekends, security cameras, around-the-clock surveillance, controlled access, cable television, telephone service, electricity, heating and hot water, various community activities, free use of laundry room and medical alert button. * Additional services: indoor parking, hall rental, Internet. * Common areas: air-conditioned dining hall and common room, computer stations with free Internet access, home cinema, pool table, furnished balconies, swings.

Eligibility: autonomous seniors 60 years old and over on a low income (less than \$38,000 for an individual or a couple and less than \$43,500 for two people not living as a couple)

Capacity: 95 apartments

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 17h00, by appointment

Fees: rent: variable, indicated on the website

Financing: self-financing

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

Intergenerational activities

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

Intervention with seniors subjected to abuse

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: info@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Park-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Meals on Wheels

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Park-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations**ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA**

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - SAINT-MICHEL

7501 François-Perrault Street, Suite 120, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 374-7943 Fax: 514 374-4916

Website: www.aqdr.org

Email: aqdrstmichel@gmail.com

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Phone line for information and referral on programs, services and resources for seniors. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Conferences on rights. * Tax clinic. * Advice and support.

Eligibility: people 50 years old and over

Coverage area: Anjou, Saint-Léonard, Saint-Michel, Villeray, ITMAV: Saint-Michel

Hours: Monday to Friday 9h00 to 16h00, by appointment

Fees: annual membership: \$20

Financing: donations, self-financing, provincial, contributions

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

Volunteer Transportation

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+ - ACCOMPANIMENT

4121 42nd Street, Suite 212, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: administration@ccrv50.org

Services: * Accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 50 years and over, with a slight, permanent or temporary loss of physical autonomy

Coverage area: Saint-Michel and North of Rosemont, appointments: Montréal Island

Hours: Monday to Friday 8h30 to 16h30, closed for 2 weeks on Christmas and during the construction holiday

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS - ACCOMPANIMENT-TRANSPORTATION

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

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

Eligibility: people 40 years and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00

Fees: \$15

Financing: provincial, self-financing

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA - ACCOMPANIMENT-TRANSPORTATION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Accompaniment and transportation to hospitals and public services by volunteers.

Eligibility: isolated seniors living on a low income

Coverage area: Parc-Extension and surrounding area

Hours: Monday to Friday 10h00 to 17h00

Fees: variable

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY - ACCOMPANIMENT-TRANSPORTATION

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Transportation and accompaniment to medical appointments by volunteers, including vaccination. * Transportation for socialization: grocery store, bank, training, visit of relatives, etc. * Accompaniment to errands (without a car).

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Sex and gender

Coverage area: Villeray: H2P, H2E and H2R postal codes, medical transportation: Montréal Island, socialization transport: Villeray

Hours: 7 days, according to the volunteers' availability

Fees: annual contribution : \$10, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Sex and gender

LGBTQ ASSOCIATIONS

MEN'S ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

LGBTQ associations

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - POINT DE SERVICE VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A5

514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search assistance. * Academic and professional information. * School perseverance. * Project development and civic involvement. * Multiservice computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Employer services.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Men's associations

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8
514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7
514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

Women's centres

1,2,3, GO! ST-MICHEL-FEMMES-RELAIS

8640 25th Avenue, Apartment 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4B2
514 759-0663

Website: www.femmes-relais.com

Email: info@femmes-relais.com

Services: Support and assistance with immigration and integration procedures. * Translation. * Referral. * 6-month internship for women: socioprofessional integration and community outreach.

Eligibility: families and immigrant women

Coverage area: Montréal-Nord, Rosemont, Saint-Léonard, Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00

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

Legal status: non-profit organization

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

F INSTITUTE

469 Jean-Talon Street West, Suite 306A, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 447-8159

Website: institutf.org

Email: info@institutf.org

Services: * Réussir la pluralité: workshops on issues related to intercultural relations. * Des quartiers forts de leurs femmes immigrantes program: facilitate access to neighbourhood services for racialized or immigrant women. * Cultiver un leadership d'excellence: leadership training course. * En famille, en harmonie program: improving family dynamics in Muslim communities. * Pluri'Elles: documentary on the heterogeneity of Muslim women in Québec.

Eligibility: Réussir la pluralité: organizational and institutional environments, Des quartiers forts de leurs femmes immigrantes: immigrant or racialized women in the boroughs where the program is implemented, Cultiver un leadership d'excellence: Muslim women 18 years and older, En famille, en harmonie: Muslim families, Muslim people involved in Muslim associations

Capacity: variable

Coverage area: Province of Québec

Hours: by appointment

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

R DES CENTRES DE FEMMES DU QUÉBEC (L')

469 Jean-Talon Street West, Suite 418, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 876-9965

Website: rcentres.qc.ca/en

Email: info@rcentres.qc.ca

Services: Promotion and development of the network of women's centres in Québec. * Representation in centres' claims and procedures. * Development of cooperation between women's centres. * Promotion of women's rights in all aspects of women's condition. * Referral to women's centres.

Eligibility: women's centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions

Legal status: non-profit organization

Women's associations

ACTION TRAVAIL DES FEMMES DU QUÉBEC

7000 du Parc Avenue, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 768-7233

Website: atfquebec.ca

Email: actionf@atfquebec.ca

Services: * Information sessions on harassment at work, rights and recourses, non-traditional jobs, equality in the workplace and recognition of skills and qualifications. * Personalized follow-up and accompaniment during job search in non-traditional fields. * Accompaniment of immigrant women in their process of inclusion in the job market. * Referral and counselling service for women discriminated against at the time of their hiring or at work.

Eligibility: socioeconomically underprivileged women, immigrant women

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal

Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481

Website: briqueparbrique.com

Email: info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public

Coverage area: Parc-Extension

Hours: activities: variable

Financing: grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE DES FEMMES D'ICI ET D'AILLEURS

8043 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P4

514 495-7728 Fax: 514 495-7733

Website: cdfia.net/a-propos/

Email: info@cdfia.net

Services: Living, learning and involvement environment for women. * Welcoming, confidential listening, support and referral. * French conversation workshops. * Educational activities. * Intercultural exchange activities. * Work committees. * Consultation. * Collective actions.

Eligibility: women of all origins

Coverage area: Montréal Island

Hours: Monday 9h30 to 12h00, Tuesday to Thursday 13h00 to 16h30, possibility to make an appointment outside of this schedule

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CO-SAVOIR

469 Jean-Talon Street West, Suite 229, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

1 866 972-1180 Fax: 514 876-1325

Website: cdeacf.ca

Email: info@cdeacf.ca

Services: Dissemination of information, documentation and resources on adult education, literacy, community action, popular education and the status of women. * Consultation, loan and reference: documents, educational packages, etc. * Information monitoring: thematic newsletters. * Online training and resources.

Eligibility: trainers, community workers, managers, researchers, adult education teachers, students, activists, advocates

Coverage area: Canada

Hours: Monday and Tuesday 13h00 to 17h00, Wednesday and Thursday 10h00 to 12h00 and 13h00 to 17h00

Fees: some paid services for non-members

Financing: provincial

Legal status: non-profit organization

CONSEIL D'INTERVENTION POUR L'ACCÈS DES FEMMES AU TRAVAIL

469 Jean-Talon Street West, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 954-0220 Fax: 514 954-1230

Website: ciaft.qc.ca

Email: info@ciaft.qc.ca

Services: Defending women's rights at work. * Women's Careers Future Line: guidance and referral to help with career or job choice. * Women's Pay Equity Line: support and assistance in pay equity for non-unionized workers. * Pay equity consultation for employers in community action and social economy sectors. * Coalition and political representation. * Support for members: training. * Research and development.

Eligibility: women, women's groups
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Financing: contributions, grants
Legal status: non-profit organization

DISABLED WOMEN'S NETWORK

469 Jean-Talon Street West, Suite 215, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
1 866 396-0074

Website: www.dawncanada.net/?language=en

Email: communications@dawncanada.net

Services: * Advocacy. * Partnerships and coordination. * Pikwadin: training and employment integration for First Nations members with a disability. * Our Health Matters: improvement of access to health care. * Prevention and support for victims of violence. * Research and documentation.

Eligibility: women with disabilities, deaf women, organizations

Coverage area: Canada

Fees: none

Financing: foundations

Legal status: non-profit organization

FÉDÉRATION DES FEMMES DU QUÉBEC

469 Jean-Talon Street West, Suite 319, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 876-0166

Website: ffq.qc.ca

Email: info@ffq.qc.ca

Services: * Promotion of women's rights and advocacy. * Dialogue and mobilization within the women's movement. * Information dissemination and facilitation of exchanges between groups.

Eligibility: women, women's associations

Coverage area: Province of Québec

Hours: by appointment

Financing: grants, membership fees, donations, fundraising campaigns

Legal status: non-profit organization

MAISON PARENT-ROBACK

469 Jean-Talon Street West, Suite 102, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 878-1355 Fax: 514 878-4409

Website: la-mpr.qc.ca

Email: coordination@la-mpr.qc.ca

Services: * Rooms for women's community organizations. * Meeting room rental. * Advocacy of rights and interests for women. * Coordination and mobilization.

Eligibility: community organizations for women, women

Capacity: 80

Coverage area: Province of Québec

Financing: self-financing, provincial, federal

Legal status: non-profit organization

R DES CENTRES DE FEMMES DU QUÉBEC (L')

469 Jean-Talon Street West, Suite 418, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 876-9965

Website: rcentres.qc.ca/en

Email: info@rcentres.qc.ca

Services: Promotion and development of the network of women's centres in Québec. * Representation in centres' claims and procedures. * Development of cooperation between women's centres. * Promotion of women's rights in all aspects of women's condition. * Referral to women's centres.

Eligibility: women's centres

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions

Legal status: non-profit organization

RELAIS-FEMMES

469 Jean-Talon Street West, Suite 412, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 878-1212

Website: www.relais-femmes.qc.ca

Email: relais@relais-femmes.qc.ca

Services: Documentation centre on women's status. * Training and assistance. * Research. * Liaison and consultation.

Eligibility: community and women groups, universities, institutions

Coverage area: Canada

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

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

Legal status: non-profit organization

RÉSEAU D'ACTION POUR L'ÉGALITÉ DES FEMMES IMMIGRÉES ET RACISÉES DU QUÉBEC

7000 du Parc Avenue, Suite 306, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 849-3956

Website: rafiq.ca

Email: accueil@rafiq.ca

Services: Advocacy organization for immigrant women. * Emancipation and empowerment. * Promotion of concertation between immigrant women. * Encourage research and action research. * Sharing of knowledge and practices. * Training and mobilization. * Promotion of gender equality.

Eligibility: immigrant women, racialized women, women facing a difficult situation

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, contributions

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4
514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

TABLE DES GROUPES DE FEMMES DE MONTRÉAL

469 Jean-Talon Street West, Suite 404, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 381-3288

Website: www.tgfm.org/en

Email: info@tgfm.org

Services: Consultation and training for women's groups. * Promotion and advocacy of women's rights and demands.

Eligibility: women's groups

Coverage area: Montréal Island

Hours: Monday to Thursday 9h00 to 17h00

Financing: membership fees, provincial

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523

Website: montreal.ca/en/places/bibliotheque-le-prevost

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access, printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Introduction to Internet workshops. * Workshops, conferences, exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Park-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

TRANS-ART 2000

6830 du Parc Avenue, Suite 373, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W6

514 989-5973 Fax: 514 989-8985

Website: trans-art2000.org

Email: transart2000@bellnet.ca

Services: Multicultural place for access to culture, education and social services through performing arts promoting social integration and psychosocial motivation. * Promotion of culture, education and social services. * Visual arts.

Eligibility: youth 13 to 30 years old of all origins

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

Clubs and social events

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

AGIR: ACTION LESBIENNE, GAI, BISEXUELLE, TRANS ET QUEER (LGBTQ) AVEC LES IMMIGRANTS ET RÉFUGIÉS

633 Beaumont Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

438 408-7941

Website: www.agirmontreal.org/en/home

Email: info@agirmontreal.org

Services: Supporting and defending the rights of new migrants from the lesbian, gay, bisexual, trans and queer communities in a perspective of solidarity. * Information and referrals to available resources. * Support groups: general, lesbian and queer, trans and non-binary, homosexual youth. * Individual accompaniment: access to services, immigration process. * Organizational training: inclusion and anti-oppressive practices, awareness of issues affecting LGBTQIA+ migrants and refugees in Montréal, relationship between colonization and criminalization in the world, LGBTQIA+ terminology. * Various social activities. * Legal, economic and social rights advocacy group. * Awareness campaigns.

Eligibility: asylum seekers, refugees, immigrants and people of undetermined status from LGBTQIA+ communities, organizations and groups providing services to LGBTQIA+ migrants

Coverage area: Montréal Island

Financing: donations, provincial

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1
514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES ÂGÉES VIETNAMIENNES CAO NIEN

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5
514 273-8535 ext. 0

Email: vuongdang501@gmail.com

Services: * Recreational activities: mah-jong, tai-chi, line dancing.

Eligibility: seniors 60 years old and over Vietnamese origin, immigrants

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 12h00

Fees: annual membership: \$15

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1
514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

BRIQUE PAR BRIQUE - CENTRE CULTUREL

633 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V7

514 665-7481**Website:** briqueparbrique.com**Email:** info@briqueparbrique.com

Services: Cultural centre where everyone can dream, grow and find joy in collective action. * Public Conversations: enjoyable discussion workshops on issues that have an impact on the residents of Parc-Extension. * Expressions and skill-sharing workshops to recharge your batteries. * Community dance. * Various activities led by the community. * Possibility of proposing an activity or project and volunteer opportunities.

Eligibility: general public**Coverage area:** Parc-Extension**Hours:** activities: variable**Financing:** grants**Legal status:** non-profit organization**CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE**

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254**Website:** www.leclam.ca**Email:** info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under**Coverage area:** Greater Montréal**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00**Fees:** none**Financing:** grants, donations, self-financing**Legal status:** non-profit organization**CENTRE COMMUNAUTAIRE CEFEDI**

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330**Website:** www.cefedi.org**Email:** centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income**Coverage area:** Montréal Island**Hours:** Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00**Fees:** collective kitchen: \$2 per serving**Financing:** self-financing**Legal status:** non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI - FOOD ASSISTANCE

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: * Emergency food assistance upon referral. * Food bank. * Christmas baskets.

Eligibility: open to all, emergency food assistance: people on a low income

Coverage area: Rosemont, La Petite-Patrie, Villeray, Saint-Michel, Parc-Extension

Hours: office: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, food bank: Thursday 15h00 to 18h30

Fees: food bank: \$5

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7

514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.
Eligibility: Italian-speaking seniors and seniors clubs, general public
Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval
Hours: Monday to Thursday 9h00 to 17h00
Fees: membership: \$5, services: variable
Financing: provincial, foundations, donations
Legal status: non-profit organization

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7
514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Parc-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Community recreation centres

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

ALLÉE ROBERT (L')

4294 Robert Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 727-2642

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Social, recreational, cultural and sport activities. * Events and outings. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 20h30

Financing: grants, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CONGOLAIS DE MONTRÉAL

3737 Crémazie Boulevard East, Suite 316, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2K4

514 394-7751

Website: c3montreal.com

Email: info@c3montreal.com

Services: Improvement of the living conditions of immigrants. * Drop-in daycare. * Reception, information, referrals and listening. * Support in the immigration process. * Integration of newcomers workshops. * Literacy and French learning program. * Program for the development of healthy lifestyle habits. * Social environment for youth, women and men. * Summer camp. * Homework help. * Cultural and sports activities.

Eligibility: immigrant people of Congolese or Afro-descendant origin

Coverage area: Province of Québec

Hours: Monday to Friday from 9h00 to 17h00

Fees: membership: \$10 per year

Financing: donations, contributions

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

7060 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G8

514 872-0294

Website: jupx.org

Email: mdj-ju-direction@videotron.ca

Services: Youth centre aiming to promote the integration of young people into Québec society. * Recreational and sports activities. * Assistance with homework. * Girls only activities. * Educational workshops: movies and healthy cooking.

Eligibility: youth 12 to 17 years old

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 15h30 to 20h30

Fees: none

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DES AÎNÉS VILLERAY

7626 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N6

514 277-7574

Website: ainesvilleray.com

Email: info@ainesvilleray.com

Services: * Information and referral. * Assistance with filling out various forms. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Recreational, sports and artistic activities. * Coffee-chats and discussions. * Community cafeteria. * Frozen meals. * Outings.

Eligibility: seniors 50 years and over

Coverage area: Villeray

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$15, meals and activities: variable

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrg.info

Email: info.cecrg@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

FADOQ - RÉGION ÎLE DE MONTRÉAL

7537 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N7

514 271-1411

Website: www.fadoq.ca/en/ile-de-montreal

Email: info@fadoqmtl.org

Services: * Recreational and sporting activities. * Privilege program: discounts on various products and services. * Representation and advocacy.

Eligibility: people 50 years old and over

Coverage area: Montréal Island

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

Fees: contribution: \$30 for 1 year, \$50 for 2 years

Financing: membership fees, donations

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscsm.qc.ca

Email: lscsm@lscsm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PETITE MAISON (LA)

8551 Allée Léo Bricault, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4E7

514 722-4983

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Prevention and education workshops. * Academic support and student retention program. * Recreational, sport and educational activities. * Outings and celebrations.

Eligibility: children 6 to 12 years old and their families

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 19h00

Financing: grants, donations

Legal status: non-profit organization

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

RELAIS (LE)

2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * School support. * Social, sporting, recreational and cultural activities. * Outings, camps. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 12h00 to 13h00 and 15h45 to 18h00

Financing: grants, donations

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

Day camps and specialized camps

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE HAÏTIEN D'ANIMATION ET D'INTERVENTION SOCIALES

419 Saint-Roch Street, Suite SS-15, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 271-7563 Fax: 514 271-3629

Email: mail@chais.qc.ca

Services: * Reception, referral and assistance. * Autonomous popular literacy program, interactive reading workshops. * Francization. * Academic remediation. * Summer and winter camps. * Early stimulation program and parenting support. * Daycare. * Youth leader program. * Support for families. * Coffee-chat. * Tax clinic.

Eligibility: immigrants, general public

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 9h00 to 16h30

Fees: none, camps: variable

Financing: provincial, federal

Legal status: non-profit organization

CENTRE LASALLIEN SAINT-MICHEL

3001 de Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 328-4625

Website: www.centrelasallien.org

Email: info@lasallien.org

Services: * Sport activities: basketball, soccer, volleyball, etc. * Art activities: danse, cinema, theater, etc. * Computer programming workshops for youth. * Academic support and homework assistance for dropouts. * Summer camp. * Spring break camps. * Outings. * School engagement activities. * Room rentals.

Eligibility: youth 8 to 17 years old, computer workshops: youth 8 to 12 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 8h30 to 20h00

Fees: variable, free for youths from reception classes

Financing: foundations

Legal status: non-profit organization

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE KOUZIN KOUZIN'

3206 Jarry Street East, Suite 202, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E2

514 376-1845

Email: entraide.kouzinkouzin@gmail.com

Services: Support to children and their families. * Pairing of children 5 to 16 years old with young adults volunteer students. * Prevention of negligence program and development of parenting skills: psychosocial intervention and accompaniment at home (budget, food, communication with children, early stimulation for children 0 to 5 years old, etc.) * Activities for children: homework assistance for 5 to 12 years old, reading workshops, summer day camp for 6 to 14 years old. * Socio-cultural and sports activities. * Intercultural mediation. * Group meeting and respite for families. * Interpretation. * Christmas baskets.

Eligibility: children and families from all backgrounds, mostly of immigrant origin

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 18h00

Fees: annual membership: \$5

Financing: self-financing, grants

Legal status: non-profit organization

GRANDE PORTE (LA)

8649 24th Avenue, Suite 4, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3Z5

514 721-1747 Fax: 514 721-6461

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: * Living environment, animation, activities and support for youth. * Stimulation and support for children. * Youth socioprofessional integration program. * Youth prevention services. * Outreach work, intervention. * Coordination. * Day camp. * Meals at Saint-Noël-Chabanel primary school.

Eligibility: youth 4 to 25 years old, adults, families

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, federal, municipal, donations, grants

Legal status: non-profit organization

JUMELEURS / ESPACE COMMUNAUTAIRE (LES)

2590 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0A3

514 374-9050

Website: www.jumeleurs.ca

Email: info@jumeleurs.ca

Services: * Pairing program. * Recruitment and support for volunteers. * Frozen meals. * Activities, special projects, training, community support, demystification, etc. * Kitchen socio-professional pairing. * Summer day camp. * Christmas baskets for members.

Eligibility: adults living with a mild intellectual disability, a learning disability or an autism spectrum disorder

Coverage area: Greater Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card: \$5 per year

Financing: provincial, foundations, donations

Legal status: non-profit organization

LOISIRS COMMUNAUTAIRES SAINT-MICHEL

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 729-8467

Website: lscm.qc.ca

Email: lscm@lscm.qc.ca

Services: * Sports, cultural, outdoor and community activities. * English classes. * Music classes. * Day camp.

Eligibility: general public

Coverage area: Greater Montréal

Hours: office: Monday to Friday 9h00 to 17h00, activities: variable

Fees: variable

Financing: municipal, donations, self-financing

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINT-MICHEL

9162 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G5

514 955-3717

Website: www.maisondelafamilledestmichel.com

Email: maisonfamillestmichel@bellnet.ca

Services: * Collective kitchen and community lunches. * Discussion group for women and mothers. * Orpères Group: exchange and discussion group for fathers, holding the Groupe Orpères colloquium. * Jouer avec papa: father-child thematic activities for children 0 to 5 years old. * Father-child sports activities: soccer and bike rally. * Homework assistance for children 6 to 12 years old. * Introduction to music for budding musician: children 0 to 5 years old. * Social activities: Fête de l'enfant, family celebrations and outdoor excursions. * Day camps for children 6 to 12 years: spring break and summer. * Referrals and listening.

Eligibility: families, newcomers

Capacity: 7 to 14 children per half-day

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: \$10 per year per family, childcare: \$4 per half-day and \$7 per day, other activities: variable

Financing: donations, provincial, federal, municipal, grants

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PARK-EXTENSION YOUTH ORGANIZATION

419 Saint-Roch Street, Suite SS12, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 278-7396 ext. 221

Website: www.peyo.org

Email: information@peyo.org

Services: * Meeting place and intervention. * Sports and cultural activities. * Community cafeteria. * Catering. * Meals-on-wheels. * Day camps for 6 to 12 years old.

Eligibility: youth 6 years and over, their families, meals-on-wheels: seniors

Capacity: 150 people

Coverage area: Parc-Extension

Hours: Monday to Friday 9h00 to 17h00, community cafeteria: Monday to Friday 11h30 to 13h30, except for holidays

Fees: community cafeteria: \$6 per meal (subject to change), meals-on-wheels: \$15 for 5 meals from Monday to Friday

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

RELAIS (LE)

2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * School support. * Social, sporting, recreational and cultural activities. * Outings, camps. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 12h00 to 13h00 and 15h45 to 18h00

Financing: grants, donations

Legal status: non-profit organization

VUE SUR LA RELÈVE

7355 Christophe-Colomb Avenue, Suite R-198, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 278-3941 Fax: 514 278-7182

Website: www.campdesarts.org

Email: info@campdesarts.org

Services: Performing arts. * Vue sur la Relève festival. * Camp des Arts: performing arts day camp. * Winter break day camp: theatrical creation day camp.

Eligibility: youth 5 to 35 years old, day camps: youth 5 to 16 years old

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

Hobbies

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

ALLÉE ROBERT (L')

4294 Robert Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 727-2642

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * Social, recreational, cultural and sport activities. * Events and outings. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 15h30 to 20h30

Financing: grants, self-financing, donations

Legal status: non-profit organization

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES D'ORIGINE HAÏTIENNE DU QUÉBEC ET DU CANADA

7501 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1M1

514 256-3138

Email: mariemarthe5885@gmail.com

Services: * Information and referral. * Advocacy of rights and interests. * Meetings and exchanges. * Social and cultural activities: conferences, theatre, choir, celebrations, day trips, card games, etc. * Intergenerational activities. * Creole language classes. * Sporting activities, dance classes.

Eligibility: senior Haitian people, partners from another culture

Coverage area: Greater Montréal

Hours: Friday 13h00 to 17h00

Fees: annual membership: \$40

Financing: membership fees

Legal status: non-profit organization

ATELIER CULTURE VÉLO

7930 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y2

514 775-4049

Website: atelierculturevelo.ca

Email: info@atelierculturevelo.ca

Services: Promotion and improvement of the economical and social access to cycling as an active, affordable, ecological and empowering mode of transportation, and prevention of the social isolation and marginalization of the population of Park-Extension. * Self-service bike repair workshop and supervised do-it-yourself service. * Bike repair and bike tune-up services, by appointment:

book.timify.com/services?accountId=606099885b0016118df91f73&hideCloseButton=true * Annual Spring sale of refurbished bikes. * Bike course for women. * Popular education.

Eligibility: general public, families, people of diverse sexuality and gender identity, marginalized populations

Capacity: depending on the available volunteers and the complexity of the repairs

Coverage area: Montréal Island

Hours: variable, bike repair and tune-up services: by appointment, free-access workshop, small repairs and learning: Wednesday 18h00 to 20h00 or see the schedule on Facebook

Fees: free-access workshop and supervised do-it-yourself service: \$24 per year and \$1 per hour, bike repair and tune-up services: \$5 per year

Financing: self-financing, grants

Legal status: non-profit organization

CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254

Website: www.leclam.ca

Email: info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

CARREFOUR POPULAIRE DE SAINT-MICHEL

2651 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2H6

514 722-1211 Fax: 514 722-1701

Website: www.carrefourpopulaire.org

Email: administration@carrefourpopulaire.org

Services: * Popular education. * Food assistance. * Community lunches. * Parent-child cooking workshops. * Collective kitchen. * Ma boîte à provisions: buying group. * Citizen involvement and community café. * Emotional well-being program: integration of people with mental health issues. * PASS Action weekly mental health mutual aid group. * Bonhomme à lunettes service point. * Christmas baskets for members.

Eligibility: families, food assistance: people in need

Capacity: mutual aid group: 17 people

Coverage area: Saint-Michel, food assistance: postal codes beginning with H1Z and H2A

Hours: Monday to Friday 8h30 to 16h30, food assistance: Wednesday by appointment

Fees: annual membership: \$5, community lunches: \$3, food assistance: \$2

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JEUNESSE UNIE DE PARC-EXTENSION

7060 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G8

514 872-0294

Website: jupx.org

Email: mdj-ju-direction@videotron.ca

Services: Youth centre aiming to promote the integration of young people into Québec society. * Recreational and sports activities. * Assistance with homework. * Girls only activities. * Educational workshops: movies and healthy cooking.

Eligibility: youth 12 to 17 years old

Coverage area: Parc-Extension

Hours: office: Monday to Friday 9h00 to 16h00, activities: Monday to Friday 15h30 to 20h30

Fees: none

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LA PATIENCE

9227 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3G7

514 326-4766

Email: cclp@videotron.ca

Services: * Community meals at a low cost and free meals. * Snacks for children. * Food assistance. * Culinary exchange: cooking class. * Food baskets: Christmas, Easter and summer baskets. * Homework assistance.

Eligibility: people or families on a low income

Capacity: homework assistance: limited places

Coverage area: Saint-Michel

Hours: Monday to Thursday 9h00 to 16h00, free meals: Monday and Tuesday 12h00 to 13h00, Holiday schedule 2023: closed from December 22nd at 12h00 to January 8th 2024

Fees: \$6 per visit

Financing: self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: info@ccrv50.org

Services: Food * Meals on wheels. * Community meals. * Christmas baskets. Home care * Home or hospital visits. * Shopping and shopping assistance. * Accompaniment to medical appointments. * Friendly calls. * Referral and information. Socialization * Socializing events. * Bingo. * Thursday group chat. * Recreational activities. Community action * Tax clinic.

Eligibility: people 50 years and over, autonomous or with a slight loss of physical autonomy, shopping and shopping assistance: people 50 years and over with a loss of autonomy or in convalescence

Coverage area: Saint-Michel and north of Rosemont

Hours: Monday to Friday 8h30 to 16h30

Fees: member: \$10 per year, activities and services: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE CULTUREL ALGÉRIEN

2348 Jean-Talon Street East, Suite 307, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1V7

514 721-4680

Website: ccacanada.org

Email: info@ccacanada.org

Services: * Reception and orientation of newcomers. * Job search assistance. * Career guidance. * Resume writing assistance. * Punctual psychosocial and material support, referral. * Arabic lessons for children. * Conferences on legal issues. * Varied trainings and conferences. * Social and cultural activities, celebrations. * Field trips, outings. * Promotion of Algerian culture. * Promotion of intercultural understanding.

Eligibility: reception of newcomers: newcomers of all origins and especially from Algerian and Maghrebi communities, lessons: children 6 years and over

Coverage area: Province of Québec

Hours: Monday to Friday 18h30 to 21h00, Arabic lessons for children: Saturday 9h00 to 12h00

Fees: variable depending on activities

Financing: donations, self-financing, membership fees

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION DE VILLERAY LA JARNIGOINE (LE)

211 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1T6

514 273-6683 Fax: 514 273-6668

Website: jarnigoine.com

Email: info@jarnigoine.com

Services: * Reception, evaluation and referrals. * Literacy workshops. * Computer workshops. * Advocacy for people who have a hard time writing or reading. * Illiteracy prevention and awareness. * Production of educational tools. * Fighting for more accessible information. * Presentations on literacy issues.

Eligibility: adults

Coverage area: Montréal

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

COLLECTIF - EMPLOYABILITÉ

4155 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1T 1A2

514 374-7999 Fax: 514 279-8536

Website: www.cfiq.ca

Email: emploi@cfiq.ca

Services: Accompaniment and reception of newcomers. * Job seeking assistance services: Cyberemploi centre and trainings. * Employment outside Montreal for immigrants: www.emploisenregions.ca/emploi-immigrant-quebec * Conversation workshops: French and English. * Computer courses. * Intercultural training sessions.

Eligibility: immigrants

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

CORPORATION D'ÉDUCATION JEUNESSE - PROGRAMME PROJET ROUSSELOT

7797 de Lanaudière Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Y7

514 872-2696

Website: corpoeducjeunesse.org

Email: coordination@corpoeducjeunesse.org

Services: Integration into neighbourhood life. * Sporting, sociocultural and recreational activities. * Initiation to new technologies workshop. * Homework assistance. * Collective kitchens. * Collective gardens. * Group intervention. * Outings. * Day camp.

Eligibility: youth 6 to 17 years old and disadvantaged families living in the Rousselot housing complex (HLM)

Coverage area: Centre-Nord

Hours: activities: Monday to Friday 16h00 to 19h15, office: Monday to Friday 9h30 to 17h30

Fees: none

Financing: Centraide of Greater Montréal, foundations, donations

Legal status: non-profit organization

CUISINES ET VIE COLLECTIVES SAINT-ROCH

7408 Bloomfield Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2H3

514 948-3631 Fax: 514 948-1254

Website: www.cvcstroch.com

Email: info@cuisinesetviecollectives.com

Services: * Collective kitchens. * Boxed meals. * Nutrition and health workshops for seniors. * Food aid. * Education cooking lessons for children and teenagers. * Zumba classes. * Themed meals.

Eligibility: newcomers, low-income individuals and families, seniors, children, teenagers, students, schools

Capacity: 400 members

Coverage area: Parc-Extension

Hours: office: Monday to Thursday 9h00 to 16h00, boxed meal: Thursday 12h00

Fees: annual membership card: \$10 per year, collective kitchens: variable, around \$1.25 per serving, workshops: from \$0 to 10 for members, food aid: \$5 per week, boxed meal: \$6 or 7

Financing: membership fees, self-financing, foundations

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

FORUM JEUNESSE DE SAINT-MICHEL (LE)

7605 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 377-1572

Website: www.fjsm.ca

Email: coordo.fjsm@gmail.com

Services: Promoting youth involvement and civic participation. * Drop-in for young adults: a think-tank on community involvement and activities for youth. * Passeport bénévole vers l'emploi: volunteer opportunities for young people to help them find employment. * Parce qu'on vient de loin: youth community radio. * Computer support for seniors by youths. * Cooking and food distribution for homeless people at the Berri-UQÀM metro station. * Conversation workshops in French and English. * Shining a light on our local talents: an awareness campaign to promote the positive contribution of youth and ethno-cultural communities. * Local for activities: 3206, Jarry Street East, H1Z 2E2.

Eligibility: people 12 to 30 years old, drop-in: people 16 to 30 years old, volunteer passport: people 12 to 20 years old, community radio: people 14 to 25 years old, computer support: seniors

Capacity: 10 people at a time

Coverage area: Saint-Michel

Hours: Monday to Friday 9h00 to 17h00, food distribution: Saturday 12h00 to 19h00, other activities: Monday to Friday and Sunday 16h00 to 21h00, Saturday 12h00 to 18h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization

GROUPE D'ACTION POUR LA PRÉVENTION DE LA TRANSMISSION DU VIH ET L'ÉRADICATION DU SIDA

3330 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2E8

514 722-5655 Fax: 514 722-0063

Website: gapvies.ca

Email: gapvies@gapvies.ca

Services: HIV/AIDS, hepatitis C and STI information, support, accompaniment and awareness. * Information and helpline. * Guidance, accompaniment, psychosocial support and counselling before and after screening. * VIH and hepatitis C screening. * Material assistance. * Cultural mediation, information and awareness sessions. * Support group. * Happy hour for men and women. * Day centre: collective kitchen, crafts workshops, movies, etc.

Eligibility: people living with HIV, their families, general public, Haitian and African communities

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, donations, foundations, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466

Website: hcgm.org

Email: infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MONTREAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523

Website: montreal.ca/en/places/bibliotheque-le-prevost

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access, printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Introduction to Internet workshops. * Workshops, conferences, exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

PERLE RETROUVÉE HAÏTI - CANADA (LA)

7655, 20e Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 2K8

514 722-2477

Website: laperleretrouvee.com

Email: laperleretrouvee@hotmail.com

Services: Support for the underprivileged populations and promotion of Haitian culture. * Day center for seniors, with meals. * Food bank. * Haitian Creole classes. * Troupe Haïti chante et danse: choir, dance and harmony. * Computer courses: introduction to Windows. * Social dance, music and painting classes. * Various social and cultural activities. * Hall rental. * Christmas baskets.

Eligibility: low-income people, Haitian community, day center: people aged 60 and over

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 22h00, Saturday and Sunday 10h00 to 2h00, day center: Tuesday to Thursday 10h00 to 16h00, food bank: Thursday 14h00

Fees: day center: \$10 per week or \$40 per month

Financing: donations

Legal status: non-profit organization

PLACE COMMUNE (LA)

7669 Querbes Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2B7

438 385-7669

Website: laplacecommune.com/en/home

Email: contact@laplacecommune.com

Services: Solidarity cooperative with the mission of encouraging a greater urban food autonomy. Food * Vegetarian restaurant and café. * Zero-waste organic grocery store. * Catering service for events. * Community fridge. * Organic baskets pick-up point. Community Action * Sharing cultivable areas of Parc-Ex: volunteer support in planting, monitoring and harvesting in the gardens of residents. * Les Fruits Défendus: urban fruit picking collective, bringing together fruit tree owners and volunteer pickers. * Garden and Collective Craterre: collective garden on the grounds of the University of Montreal's Mil Campus. * Gleaning in urban and periurban farms. * Renting of rooms at a low cost. * Volunteering program. Activities and leisure * Artistic workshops: knitting, sewing, painting and percussions. * Art Hive. * Cultural events: musical brunches, movie screenings, storytelling nights, board games nights, puppet shows. * Collection of used and new items: agricultural and gardening tools and equipment, art and craft materials.

Eligibility: residents, agricultural projects: residents, fruit tree owners, farms, catering service and room rentals: community organizations, public organizations, companies, schools

Coverage area: Parc-Extension

Hours: Tuesday, Wednesday and Friday 9h00 to 16h00, Thursday 9h00 to 20h00, Saturday 10h00 to 14h00

Fees: agricultural projects and artistic workshops: free, user member: \$15 in shares and \$10 of annual contribution for 15% off the menu of the café-restaurant and on the grocery store, support member: \$100 in shares

Financing: self-financing, grants, donations

Legal status: cooperative

REGIONAL COUNCIL OF ITALO-CANADIAN SENIOR CITIZEN OF MONTRÉAL

671 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N4

514 273-6588 Fax: 514 273-6636

Website: craic.ca/en

Email: info@craic.ca

Services: * Friendly calls and visits. * Meals on wheels. * Weekly lunches for widows. * Activities and outings. * Gymnastics, social dancing, painting and computer classes. * Networking. * Information and referral.

Eligibility: Italian-speaking seniors and seniors clubs, general public

Coverage area: meals on wheels: Saint-Michel-Parc-Extension, other services: Montréal Island, Laval

Hours: Monday to Thursday 9h00 to 17h00

Fees: membership: \$5, services: variable

Financing: provincial, foundations, donations

Legal status: non-profit organization

RELAIS (LE)

2901 Louvain Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1J7

514 596-5353 ext. 7513

Website: www.grandeporte.org

Email: direction@grandeporte.org

Services: Supervised meeting place. * School support. * Social, sporting, recreational and cultural activities. * Outings, camps. * Cooking workshops.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Michel

Hours: Monday to Friday 12h00 to 13h00 and 15h45 to 18h00

Financing: grants, donations

Legal status: non-profit organization

REMISE (LA)

8280 Saint-Laurent Boulevard, Suite 411, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8

514 800-5613

Website: laremise.ca

Email: info@laremise.ca

Services: Tool library. * Tool rental. * Workshops and training: bike mechanic, carpentry and woodworking, sewing and electronics. * Space available to complete personal projects. * Recovery of tool donations on site.

Eligibility: general public

Coverage area: Montréal Island

Hours: Tuesday and Thursday 18h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: individual: \$10 for membership, \$120 per year for an unlimited subscription to tool rental, professionals and organizations: \$50 for membership, subscription price varies depending on annual turnover

Financing: membership fees, self-financing, grants

Legal status: cooperative

SENIOR CITIZENS' FORUM OF MONTRÉAL

6830 du Parc Avenue, Suite 208, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1W7

514 270-8464

Email: info@fcam.ca

Services: * Information meetings, symposiums. * Friendly visits and calls. * Housing: help with apartment search and guide for newcomers. * Food aid: family food basket, collective kitchen, introduction classes to nutrition. * Computer classes. * Committees and work groups: income, health, home care, violence, transportation, etc. * Annual parade to celebrate International Seniors Day. * Representation at governmental instances. * Leisure activities to break the isolation of seniors: meditation, yoga, cooking, music, and dance. * Social activities. * Intergenerational choir. * Tax clinic.

Eligibility: people 55 years old and over

Coverage area: Montréal Island

Hours: Monday to Friday 9h30 to 16h30

Fees: membership: \$10 per year

Financing: provincial, municipal

Legal status: non-profit organization

Libraries

ANGES DE L'ESPOIR ACI (LES)

8052 Saint-Michel Boulevard, Suite 7, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E1

514 727-2643

Website: angesdelespoir-dhceu.org

Email: lesangesdelespoirdhceu@gmail.com

Services: * Support to qualified physicians with diplomas from outside Canada and the United States: assistance in preparing for exams to obtain a license, socio-professional integration assistance, etc. * Physical activities for seniors: individual or in group, physiotherapy and ergotherapy. * Activities for youth centres. * Conferences for centres of women victim of violence: mental health, women's health, etc. * Computer course to get familiarized with the Internet. * Coffee-meeting for immigrant families. * Conferences: finance, taxation in Canada, wellness, etc. * Library and computers. * Tax clinic.

Eligibility: immigrants, seniors centres, centres for women victim of violence, youth centres, foreign doctors with diplomas from outside Canada and the United States

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

JAPANESE CANADIAN CULTURAL CENTRE OF MONTREAL

8155 Rousselot Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1Z7

514 728-1996 Fax: 514 728-5580

Website: www.jcccm-cccjm.ca/?language=en

Email: centrejaponais@bellnet.ca

Services: Community centre for Japanese Canadians with services to seniors and newcomers. * Open houses. * Information and referral. * Home and hospital visits and phone calls. * Volunteer training. * Introduction to Japanese culture. * Library of Japanese books. * Japanese classes.

Eligibility: Japanese community, people interested in Japanese culture

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 16h00, Sunday 13h00 to 16h00

Fees: annual membership: seniors \$25, senior couples \$30, adults \$35, adult couples and families \$50

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

MONTRÉAL CHILDREN'S LIBRARY

4121 42nd Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 276-7309

Website: www.mcl-bjm.ca/en

Email: info@mcl-bjm.ca

Services: General Services * Lending, consultation and suggestion of books and board games. * Computers, Internet access and printing tools. * Workshops, activities and parties. * Summer reading club. Activities for children 0 to 5 years old * Loan of toys, board games, bags of awakening. * Sparks: parent-child pre-literacy program. Activities for children 6 to 12 years old * Loan of themed bags. * Les Intrépides: science club. * Chess workshops. * Art and crafts workshops. Activities for children 13 to 17 years old * Volunteer work. * Activities and support.

Eligibility: children and youth 0 to 17 years old, their families

Coverage area: Montréal Island

Hours: Tuesday to Friday 13h00 to 18h00, Saturday 10h00 to 16h00, opening at 10h00 on pedagogical days

Fees: none

Financing: municipal, provincial, federal, fundraising campaigns, donations, foundations

Legal status: non-profit organization

MONTRÉAL PUBLIC LIBRAIRIES NETWORK - LE PRÉVOST LIBRARY

7355 Christophe-Colomb Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 872-1523

Website: montreal.ca/en/places/bibliotheque-le-prevost

Services: * Loan and consultation of books, audiovisual and digital documents. * Home book loan for people 65 years and over or with reduced mobility. * Computers, Internet access, printing devices. * Language learning stations. * Toys and educative games. * Story time. * Book club for children. * Introduction to Internet workshops. * Workshops, conferences, exhibitions.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 13h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

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

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - PARK-EXTENSION LIBRARY

421 Saint-Roch Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 872-6071

Website: montreal.ca/en/places/bibliotheque-de-parc-extension

Services: * Loan and consultation of books, audiovisual and digital documents. * Computers, Internet access and printing devices. * Fabricathèque: workshops on 3D fabrication and printing, audiovisuals and graphic design, robotics and coding, electronics, etc. * Introduction to Internet courses. * Free access to the preparation program for the citizenship exam. * Vivre en français cultural activities: french conversation workshops and book club. * Home loan for people 65 years and over or with reduced mobility. * Language learning stations. * Toys and educative games. * Activities for children and families: story time, book club for children, early literacy workshops. * Le Roulivre: mobile library. * Free access piano. * Workshops, conferences and exhibitions. * Collection point for the recycling of used batteries and pencils.

Eligibility: general public

Coverage area: Montréal

Hours: Monday and Friday 12h00 to 18h00, Tuesday and Wednesday 10h00 to 20h00, Thursday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variable for non-residents, printing: ¢10 per page, photocopies: ¢15 per page

Financing: municipal, provincial

Legal status: municipal agency

MONTRÉAL PUBLIC LIBRARIES NETWORK - SAINT-MICHEL LIBRARY

7601 François-Perrault Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 3L6

514 872-3899

Website: montreal.ca/en/places/bibliotheque-de-saint-michel

Services: * Loan and consultation of printed, audiovisual and digital documents. * Computers, Internet access and printing devices. * Toys and educative games. * Story time. * Book club for children. * Book club for adults. * Introduction to Internet workshops. * Early literacy workshops. * Home book loan for people 65 years and over or with reduced mobility. * Workshops, conferences and exhibitions. * Rental of music instruments. * Seeds borrowing.

Eligibility: general public

Coverage area: Montréal

Hours: Monday 12h00 to 18h00, Tuesday 12h00 to 20h00, Wednesday 10h00 to 20h00, Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 11h00 to 17h00

Fees: membership: free for residents, variables for non-residents

Financing: municipal, provincial

Legal status: municipal agency

REMISE (LA)

8280 Saint-Laurent Boulevard, Suite 411, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2L8

514 800-5613

Website: laremise.ca

Email: info@laremise.ca

Services: Tool library. * Tool rental. * Workshops and training: bike mechanic, carpentry and woodworking, sewing and electronics. * Space available to complete personal projects. * Recovery of tool donations on site.

Eligibility: general public

Coverage area: Montréal Island

Hours: Tuesday and Thursday 18h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: individual: \$10 for membership, \$120 per year for an unlimited subscription to tool rental, professionals and organizations: \$50 for membership, subscription price varies depending on annual turnover

Financing: membership fees, self-financing, grants

Legal status: cooperative

Sport

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE ÉDUCATIF COMMUNAUTAIRE RENÉ-GOUPIL

4105 47th Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1L6

514 596-4420 Fax: 514 596-4990

Website: www.cecrq.info

Email: info.cecrq@gmail.com

Services: Popular education centre. Children and teenagers * Grande Bouffe: meal service for children aged 4 to 12 years old registered at the Bienville school. * Daycare for children 6 months to 5 years old. * La petite école: elementary school preparation for 4 years old children. * Semaine de relâche: day centre with various activities. * Various recreational activities and workshops: crafting, dance, cooking, theater, singing. * Parent-children activities. * Help with homework and academic support. * Facilitator training for youth 13 to 17 years old. Adults * Recreational activities: drawing-painting, yoga, zumba. * Computer workshops starting in April 2023. * English courses. * Francization. * Tax clinic. * Legal clinic. * Citizens committee. * Bureau Info Logement: information on tenants' rights and obligations, guidance, counselling and assistance with procedures. * Volunteering.

Eligibility: youth 6 months to 17 years old, adults, Grande Bouffe: children from 4 to 12 years old registered at the Bienville school

Capacity: 200 people

Coverage area: Saint-Michel

Hours: Monday to Wednesday 9h00 to 21h00, Thursday and Friday 9h00 to 16h00

Fees: membership: \$5, Grande Bouffe: \$1 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CYCLO NORD-SUD

8717 8th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2X4

514 843-0077

Website: cyclonordsud.org/en

Email: info@cyclonordsud.org

Services: * Donation pick-up: used bicycles. * Organization of neighbourhood gathering days. * Bicycles storage service. * Educational kit for teenagers. * Sale of bicycles at a low cost. * Donation of bicycles to vulnerable children and communities. * Mechanical repairs. * Bike repairs in the parks. * Awareness of the benefits of cycling and active mobility.

Eligibility: bikers or bicycle donors, people motivated to contribute to a social change project

Coverage area: Province of Québec, bike repair: Saint-Michel, Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Thursday 10h00 to 16h00

Fees: membership: \$30 per year, \$20 with a bicycle donation

Financing: provincial, donations, federal, self-financing, membership fees

Legal status: non-profit organization

ESPACE-FAMILLE VILLERAY

7470 de Normanville Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2V3

514 858-1878

Website: espacefamille.ca

Email: info@espacefamille.ca

Services: Perinatal and family resource centre. * Daycare. * Home support for parents of newborns, respite. * Stroller ride respite. * Espace-Bedon: prenatal meetings. * Weekly discussion lunches. * Conferences. * Workshops, classes and activities for parents and future parents. * Place aux pères: meetings between fathers. * Espace papa: father-child activities on weekends. * Activities with baby. * Baby carrying workshop. * Baby massage class. * Baby stimulation. * Psychomotor development. * Language and musical awakening. * Y'APP program: 8 courses on parenting. * Sewing and knitting with baby. * Prenatal, postnatal yoga. * Fitness with baby. * Grant for buying washable diapers.

Eligibility: future parents, families with children 0 to 5 years old

Capacity: daycare: 15 children

Coverage area: Montréal Island, home support and respite: Villeray, donation of diapers: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Friday 9h00 to 16h00

Fees: annual contribution: \$15 per family

Financing: federal, provincial, foundations

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

Services: Day centre. Support * Information and referral. * Assistance with filling out forms. * Security phone calls. * Friendly visits. * Information on seniors' rights. * Accompaniment and transportation to medical appointments and outings by volunteers. * Respite care in the home. * Tax clinic. Food * Community meals. * Christmas baskets. Activities * Social activities, coffee-chats, outings. * Yoga courses. * Conferences. Immigration and cultural communities * Translation. * Promotion of Greek culture.

Eligibility: people 40 years old and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00, office: Monday to Friday 9h00 to 15h00

Fees: none

Financing: provincial, self-financing

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION DE LA FIBROMYALGIE - RÉGION ÎLE DE MONTRÉAL

911 Jean-Talon Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

438 496-7448

Website: afim.qc.ca

Email: info@afim.qc.ca

Services: Advocacy and promotion of the interests of people living with fibromyalgia. * Support members in their search for a better quality of life, referrals to available resources. * Information about the syndrome. * Raising awareness among family and friends, health and social services professionals and the general public about the needs of people living with fibromyalgia. * Sports, recreational and social activities. * Member of the Société québécoise de la fibromyalgie and the National ME/FM Action Network.

Eligibility: people living with fibromyalgia and their family

Coverage area: Montréal Island

Hours: Monday to Thursday 8h30 to 15h30, Friday 8h30 to 12h00

Fees: annual membership: \$30

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS - RÉGION DE MONTRÉAL

911 Jean-Talon Street East, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1V5

514 274-7447 Fax: 514 274-1717

Website: www.aqtc.ca

Email: aqtc@aqtc.ca

Services: * Social integration. * Recreational activities. * Psychosocial intervention: individual or family meetings, workshops. * Support groups. * Support for relatives: respite, meetings, workshops. * Awareness. * Information, conferences.

Eligibility: people with traumatic brain injury (TBI), families, public, professionals

Capacity: support groups: 7 to 8 people

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, grants

Legal status: non-profit organization

CENTRE ALPHA-SOURD

7907 de Bordeaux Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2N4

514 278-5334

Website: www.casourd.org/alpha-sourd-montreal

Email: info@casourd.org

Services: Literacy workshops for deaf, deaf-usher and deaf-blind people. * French classes in reading and writing. * Mathematics classes. * Computer classes. * Community kitchen. * Social and artistic activities. * Social and cultural outings with animators. * Alpha-tactile program for deaf and blind people.

Eligibility: deaf, deaf-usher and deaf-blind people

Capacity: 25 people

Coverage area: Greater Montréal

Hours: Monday 9h00 to 16h00 by appointment, Tuesday to Thursday 9h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

DIABETIC CHILDREN'S FOUNDATION

6855 de l'Épée Street, Suite 302, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

1 800 731-9683

Website: diabete-enfants.ca/en

Email: info@diabete-enfants.ca

Services: Meeting and support space for youth living with type 1 diabetes and their family. * Sharing meetings for parents and youth. * Information on the management of type 1 diabetes. * Dinner meetings and virtual-coffee meetings. * FRED squad: respite and babysitting. * Vacation camp. * Activities: family symposium, Christmas party, etc.

Eligibility: people 17 years old and under living with type 1 diabetes, their family

Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4
514 325-9486

Website: www.ecoledelareleve.ca
Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

ESPACE MULTISOLEIL

660 Villeray Street, Suite 2.115, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1
438 397-4495

Website: www.espacemultisoleil.org
Email: coordination@espacemultisoleil.org

Services: Adapted activities for young people living with a physical disability, with or without an associated intellectual disability. * Activities on Saturdays, afternoon respites, spring break, summer camp.

Eligibility: people 6 to 30 years old living with a physical disability that may be associated with a mild to moderate intellectual disability (must understand instructions) or other disabilities (visual, hearing)

Coverage area: Montréal Island and surroundings

Hours: administration: Monday to Friday 9h00 to 17h00, activities: variable, autumn and winter: Monday and Thursday afternoon, Saturday

Fees: annual membership: \$10, activity sessions and camps: variable

Financing: fundraising campaigns, grants, municipal, provincial, federal, contributions, donations

Legal status: non-profit organization

JOIE DES ENFANTS (MONTRÉAL) (LA)

8520 Saint-Urbain Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2P3
514 270-0338

Website: www.lajoiedesenfants.ca
Email: lajoiedesenfants@videotron.ca

Services: * Promotion and defense of the rights of people living with an intellectual disability. * Hotline and accompaniment. * Weekly recreational activities. * Respite weekends. * Summer day camp. * Emergency babysitting, before and after school hours.

Eligibility: people 7 to 45 years old living with an intellectual disability

Coverage area: Montréal Island

Hours: administration: Monday to Thursday 7h00 to 15h00, Friday 7h00 to 12h00, emergency babysitting: Monday to Friday 7h00 to 9h30 and 15h00 to 18h00, respite: Saturday and Sunday 24 hours

Fees: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

MAISON DES SOURDS

2200 Crémazie Boulevard East, Suite 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2Z8

438 381-6372 Fax: 438 381-9777

Website: www.maison-sourds.org

Email: mDSAIDE202@gmail.com

Services: * Community centre. * Social housing. * Social and recreational activities. * Room rental.

Eligibility: deaf, hard-of-hearing or deaf-blind people, their relatives, interpreters, community organizations

Capacity: social housing: 60 units, community hall: 225 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h30 to 16h30, community centre: Tuesday to Thursday 18h00 to 22h00, Friday 14h00 to 1h00, Saturday 10h00 to 2h00, Sunday 14h00 to 22h00, variable according to activities

Fees: membership: \$45 per year

Financing: donations, self-financing, provincial, municipal

Legal status: non-profit organization

PARAHOCKEY MONTRÉAL

8650 Querbes Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2G5

514 995-2913

Website: www.parahockey.com

Email: info@parahockey.com

Services: Grouping of sledge hockey clubs aimed at promoting the sport among people living with a physical disability. * Sledge hockey classes in different clubs in the province of Québec.

Eligibility: people living with a physical disability or interested by sledge hockey

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 21h30

Fees: registration: variable according to the category

Financing: donations, self-financing

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

DRESS FOR SUCCESS MONTRÉAL

6833 De l'Épée Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

514 282-1222

Website: montreal.dressforsuccess.org

Email: info@dressforsuccessmontreal.org

Services: Professional integration assistance for women. * Ready-to-wear program: professional outfits selection and donations and interview preparation. * Réseau femmes action: networking and conferences. * Recovery of business style clothing.

Eligibility: women in the process of integrating the job market with very limited financial resources or none

Coverage area: Montréal Island

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2
514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

Donation pick-ups**CENTRE COMMUNAUTAIRE CEFEDI - USED ITEMS RECOVERY**

8468 10th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3B9
514 384-5330

Website: www.cefedi.org

Email: cefedi04@hotmail.com

Services: Used items recovery: clothes, furniture, appliances, mattresses, small household items, toys, sport equipment, books, school supplies, food. * Home pick-up or on-site collection. * Donation and volunteer form: [click here](#)

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 à 17h00

Fees: none

Financing: self-financing

Legal status: non-profit organization

CYCLO NORD-SUD

8717 8th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2X4
514 843-0077

Website: cyclonordsud.org/en

Email: info@cyclonordsud.org

Services: * Donation pick-up: used bicycles. * Organization of neighbourhood gathering days. * Bicycles storage service. * Educational kit for teenagers. * Sale of bicycles at a low cost. * Donation of bicycles to vulnerable children and communities. * Mechanical repairs. * Bike repairs in the parks. * Awareness of the benefits of cycling and active mobility.

Eligibility: bikers or bicycle donors, people motivated to contribute to a social change project

Coverage area: Province of Québec, bike repair: Saint-Michel, Côte-Des-Neiges-Notre-Dame-De-Grâce

Hours: Monday to Thursday 10h00 to 16h00

Fees: membership: \$30 per year, \$20 with a bicycle donation

Financing: provincial, donations, federal, self-financing, membership fees

Legal status: non-profit organization

MICRO-RECYC-COOPÉRATION

7000 du Parc Avenue, Suite 310, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 227-5776 Fax: 514 227-0020

Website: microrecyc.wixsite.com/english

Email: info@microrecyccoop.org

Services: Recovery of computer and electronic equipment. * Pick-up available for 5 or more items. * Awareness-raising. * Reconditioning of computer hardware. * Donations to community centres and schools in Africa and in Haïti. * Donations to community organizations in Québec who need computer equipment.

Eligibility: community organizations, schools

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 17h00

Fees: \$10 per recycled computer

Financing: self-financing

Legal status: non-profit organization

School supplies**MAISON DE QUARTIER VILLERAY (LA)**

660 Villeray Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 272-4589

Website: www.mqvilleray.ca

Email: mqv@mqvilleray.ca

Services: Popular education and support centre fighting poverty, social isolation and food insecurity. * Reception and referrals. * Food assistance with possible delivery. * Community meals: brunch, lunch and dinner. * Collective kitchens. * World cuisine: intergenerational healthy eating workshops with dishes and recipes from different countries. * Low-price groceries. * Collective gardens. * Internet centre. * Parent-child nutrition and gardening activity. * Special events. * Healthy nutrition workshops in schools and daycares. * Christmas baskets. * Volunteer involvement and social action.

Eligibility: people on a low income, in need or vulnerable, general public

Capacity: 2000 people per month

Coverage area: Villeray

Hours: Monday to Friday 8h30 to 16h30, Saturday by appointment

Fees: none

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

Legal status: non-profit organization

MON RESTO SAINT-MICHEL

8735 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3T9

514 727-1403 Fax: 514 727-4892

Website: www.monrestosaintmichel.org

Email: info@monrestostmichel.org

Services: Food * Affordable lunches. * Frozen meals. * Multicultural collective kitchens. * Emergency and regular food assistance. * Ma Boîte à provisions: collective buying groups in the Saint-Michel neighbourhood. * Urban agriculture. * Food education and monitoring. * Sharing stores: Christmas and back-to-school. * Food processing workshops. * Boîte à lunch workshops. Employment * Restaurant pre-employability workshops. Childhood and family * Nutrition, breastfeeding and infants' nutrition workshops. * Support for pregnant women. * Respite daycare. * Information workshops, facilitation and cultural activities. * Relevailles: summer day camp for children 4 to 6 years old. * Breastfeeding drop-in.

Eligibility: food assistance and sharing stores: people on a low income

Capacity: 500 households

Coverage area: postal codes starting by H1Z, H2A, H1H, H1R, back-to-school sharing store: postal codes starting by H1Z and H2A

Thrift store and material aid

Hours: Monday to Friday 9h00 to 17h00, lunch: Monday to Thursday 11h00 to 14h00, food assistance: Tuesday afternoon by appointment

Fees: regular food assistance: \$3, emergency food assistance: free, lunches: \$2.50 per child, \$4.25 per adult, kitchen: variable, community gardens: free, sharing store: 10% of the actual cost of groceries

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

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

RESSOURCE ACTION-ALIMENTATION DE PARC-EXTENSION

419 Saint-Roch Street, Suite SS-13, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1K2

514 948-3246

Website: sites.google.com/site/ressourceaction

Email: monique.leger@ressourcealimentation.org

Services: * Food baskets once a month. * Emergency food assistance. * Psychosocial support and follow-up. * Material support: clothing and school supplies. * Health and nutrition workshops. * Budget workshop and counselling. * Reading corner for children and their parents. * Accès-Loisirs. * Guidance, information and referral.

Eligibility: people on a low income and with an immigrant background

Coverage area: Parc-Extension: postal code starting by H3N

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

Fees: emergency food bank: 15% of the actual cost of groceries

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

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - VILLERAY

7950 Marquette Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 2E9

514 273-1339

Services: * Distribution of food vouchers and food baskets. * Christmas baskets. * Vouchers for school supplies.

Eligibility: people on a low income

Coverage area: Sainte-Thérèse-de-l'Enfant-Jésus, Saint-Vincent-Ferrier, Sainte-Cécile and Notre-Dame-du-Rosaire parishes, Saint-Thomas-Apôtre, Saint-Alphonse d'Youville and Saint-Grégoire-le-Grand merged parishes

Hours: by appointment only

Fees: none

Financing: donations

Legal status: non-profit organization

Thrift Stores

ÂGE D'OR RAYONS DE SOLEIL DE ST-RENÉ-GOUPIL

4251 Parc Rene Goupil Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1X8

514 721-2842

Services: * Social and recreational activities: card games, pockets, bingo, etc. * Community dinners. * Theme dinners: Valentine's Day, Christmas, etc. * Thrift store Saint-René-Goupil: clothing, small household items, etc.

Eligibility: general public

Coverage area: Greater Montréal

Hours: activities: variable, thrift store: Tuesday to Thursdays, Saturday

Fees: annual social club membership: \$10, community suppers: \$20 for members, \$25 for non-members

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used

items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

MAISON DES GRANDS-PARENTS DE VILLERAY (LA)

8078 Drolet Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2C9

514 383-9108

Website: mgpvilleray.org

Email: contact@mgpvilleray.org

Services: Intergenerational activities and promotion of mutual aid. * Reception and family support. * Coffee-meeting for young parents with drop-in daycare. * Collective kitchens for young parents with drop-in daycare. * Low-cost thrift store. * Christmas sharing-store. * Library. * Revalorisation of seniors in society. * Crafts, knitting and sewing.

Eligibility: people of all generations

Coverage area: Villeray

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

Fees: collective kitchens: at low cost

Financing: provincial, Centraide of Greater Montréal, self-financing, donations, federal

Legal status: non-profit organization

RENAISSANCE QUÉBEC

7245 Clark Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2Y4

514 276-3626

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

Services: * Professional integration and training opportunities available in stores selling new and used goods. * Renaissance Employment Help Centre: advices and free job search assistance. * Sales of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles. * Partnerships with the private sector for placements, financial aid, material donations and internships.

Eligibility: people with difficulties adapting to the labour market (citizens, residents, refugees), who are unemployed, available full-time and not attending school

Coverage area: Montréal Island, Laval, Blainville and part of Montérégie

Hours: head office: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

RENAISSANCE QUÉBEC - SAINT-LAURENT THRIFT STORE

7250 Saint-Laurent Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2X9

514 906-0804

Website: renaissancequebec.ca/en

Email: information@renaissancequebec.ca

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

Coverage area: Villeray

Hours: Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

Accompanied transport

CENTRE COMMUNAUTAIRE RENDEZ-VOUS 50+ - ACCOMPANIMENT

4121 42nd Street, Suite 212, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 374-3470 Fax: 514 374-8986

Website: ccrv50.org

Email: administration@ccrv50.org

Services: * Accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 50 years and over, with a slight, permanent or temporary loss of physical autonomy

Coverage area: Saint-Michel and North of Rosemont, appointments: Montréal Island

Hours: Monday to Friday 8h30 to 16h30, closed for 2 weeks on Christmas and during the construction holiday

Fees: membership: \$10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS - ACCOMPANIMENT-TRANSPORTATION

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

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

Eligibility: people 40 years and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00

Fees: \$15

Financing: provincial, self-financing

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA - ACCOMPANIMENT-TRANSPORTATION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Accompaniment and transportation to hospitals and public services by volunteers.

Eligibility: isolated seniors living on a low income

Coverage area: Parc-Extension and surrounding area

Hours: Monday to Friday 10h00 to 17h00

Fees: variable

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY - ACCOMPANIMENT-TRANSPORTATION

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Transportation and accompaniment to medical appointments by volunteers, including vaccination. * Transportation for socialization: grocery store, bank, training, visit of relatives, etc. * Accompaniment to errands (without a car).

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes, medical transportation: Montréal Island, socialization transport: Villeray

Hours: 7 days, according to the volunteers' availability

Fees: annual contribution : \$10, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons

GREEK CANADIAN SENIOR CITIZENS ASSOCIATION OF MONTRÉAL-ASKLIPIOS - ACCOMPANIMENT-TRANSPORTATION

549 Jarry Street West, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1G1

514 271-7224 Fax: 514 271-8339

Email: asklipios@hotmail.com

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

Eligibility: people 40 years and over, particularly from the Greek community

Coverage area: Parc-Extension

Hours: 7 days, 7h00 to 19h00

Fees: \$15

Financing: provincial, self-financing

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA - ACCOMPANIMENT-TRANSPORTATION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Accompaniment and transportation to hospitals and public services by volunteers.

Eligibility: isolated seniors living on a low income

Coverage area: Parc-Extension and surrounding area

Hours: Monday to Friday 10h00 to 17h00

Fees: variable

Financing: donations, provincial, self-financing

Legal status: non-profit organization

VERS VOUS - CENTRE DE SERVICES BÉNÉVOLES AUX AÎNÉS DE VILLERAY - ACCOMPANIMENT-TRANSPORTATION

8042 Saint-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2P3

514 277-2469

Website: www.versvous.org

Email: aines@versvous.org

Services: * Transportation and accompaniment to medical appointments by volunteers, including vaccination. * Transportation for socialization: grocery store, bank, training, visit of relatives, etc. * Accompaniment to errands (without a car).

Eligibility: people 65 years and over with an income under \$30,000 per year, with a temporary or permanent slight loss of autonomy

Coverage area: Villeray: H2P, H2E and H2R postal codes, medical transportation: Montréal Island, socialization transport: Villeray

Hours: 7 days, according to the volunteers' availability

Fees: annual contribution : \$10, transportation: between 10 and \$22 round trip depending on the destination and duration

Financing: grants, self-financing

Legal status: non-profit organization

Paratransit

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL - PARATRANSIT

3111 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 2C2

514 280-8211 Fax: 514 280-5396 TTY: 514 280-5308

Website: www.stm.info/en/para

Email: transport.adapte@stm.info

Services: Montréal paratransit network. * Application form: www.stm.info/sites/default/files/pdf/en/a-ta-formadmission.pdf * SIRTAs: online appointment reservation service www2.stm.info/webSIRTA/Login.aspx

Eligibility: people living with a disability leading to a significant and persistent incapacity, who encounters barriers in performing everyday activities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others

Coverage area: Montréal Island

Hours: customer service: Monday to Friday 8h30 to 16h30, reservation: 7 days, 8h00 to 19h00, transportation: Sunday to Thursday 6h00 to 00h30, Friday and Saturday 6h00 to 1h30, automated service: 7 days, 7h00 to 21h30

Fees: variable

Financing: municipal, provincial

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

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4
514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

Domestic violence: shelters and support

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeraie—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISONS DE L'ANCRE (LES)

Confidential Address

514 374-5573 Fax: 514 725-0774

Website: lesmaisonsdelancre.org

Email: intervenantefoyer@lesmaisonsdelancre.org

Services: Transitional group home housing. * Reception and medium-term housing for 6 months to 2 years. * Helping relationship, accompaniment and individual and group follow-up. * Psychosocial intervention. * Post-housing follow-up. * Habitation Pelletier and Habitations de l'Ancre: permanent social housing units with community support.

Eligibility: single women in difficulty, victims of violence, homeless or at risk of homelessness or with addictions

Capacity: group housing: 11 places, post-housing follow-up: 20 places

Coverage area: Montréal Island

Hours: 24 hours / 7 days, admission on weekdays

Fees: group housing: \$400 per month, meals included, satellite apartments: \$240 per month

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124**Website:** www.kidpowermontreal.org**Email:** safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

Elder abuse**CARREFOUR DE LIAISON ET D'AIDE MULTIETHNIQUE**

7200 Hutchison Street, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Z2

514 271-8207 Fax: 514 271-8254**Website:** www.leclam.ca**Email:** info@leclam.ca

Services: Welcoming and support * Welcoming and assistance for newcomers' settlement. * Information and referral. * Assistance with administrative procedures, family reunification, permanent residence and sponsorship applications. * Intercultural pairing. * Southeast Asian women's club: knitting, physical exercise, meditation, French workshops, etc. * Form for Montrealers offering housing to incoming Ukrainians: [click here](#) Seniors * Abuse prevention. * New horizons: activities for seniors. Education * French course: beginner, intermediate and advanced levels. * French and English conversation clubs. * Interpretation and translation. * Computer introductory courses. Employment * Job search assistance: information on the job market, individual assistance, skills assessment, preparation workshop, search for internships in companies. * Academic and professional guidance. Community action * Social development partnership. * Cultural outings. * Collaboration.

Eligibility: newcomers, people from cultural communities 50 years and under

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - PARC-EXTENSION

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N8

514 906-0784 Fax: 514 738-5466**Website:** hcgm.org**Email:** infosshq@hcgm.org

Services: Food * Weekly food bank. * Home delivery. * Christmas baskets. Support * Information and referral. * Active listening and accompaniment. * Interpretation and translation. * Assistance with filling out documents and forms. * Occasional clinics and workshops in collaboration with the CLSC. * Assistance to seniors, families and youth. * Advocacy. Seniors * Assistance for abused. * Friendly phone calls. * Programme intégré d'équilibre dynamique (PIED). * Recreational and reaching out activities. * Day centre for seniors. * Support for caregivers: support groups, coffee meetings, information and referrals, info-mobile: kiosks in public events. * Exercise classes. Education * Computer classes: tablets and cellular. * French classes.

Eligibility: general public, mainly of Greek origin, exercise class and day centre: seniors

Coverage area: Greater Montréal, food bank home delivery: Parc-Extension and surrounding areas

Hours: by appointment, food bank: Friday 9h00 to 13h00, exercise classes: Thursday 10h00 to 11h00, day centre: Tuesday 10h00 to 14h00

Fees: annual membership: \$5, less than \$5 for food bank clients

Financing: donations, grants, provincial

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

SENIORS ASSOCIATION FILIA

821 Ogilvy Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1N9

514 948-3021 Fax: 514 948-6063

Email: filia@bellnet.ca

Services: * Friendly visits and phone calls. * Moral support for patients. * Awareness and information workshops. * Emergency food assistance. * Meals on wheels. * Christmas baskets. * Cultural and social activities. * Assistance with filling out forms. * Tax clinic.

Eligibility: isolated seniors

Coverage area: Parc-Extension

Hours: Monday to Friday 10h00 to 17h00, Park-Extension Meals on wheels: 3 times a week

Fees: annual membership: \$25, meals on wheels: \$7

Financing: donations, provincial, self-financing

Legal status: non-profit organization

Help lines related to violence and abuse

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1
514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Prevention of violence and crime

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD

3565 Jarry Street East, Suite 401, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4K6
514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search accompaniment. * Academic and professional guidance. * School perseverance. * Project development and civic involvement. * Multi-service computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Residential snow removal. * Services to employers.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CENTRE-NORD - POINT DE SERVICE VILLERAY

1378 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A5
514 729-9777

Website: cje-centrenord.com

Email: info@cje-centrenord.com

Services: * Reception, information and referral. * Job search assistance. * Academic and professional information. * School perseverance. * Project development and civic involvement. * Multiservice computer room. * Eco-citizen, volunteering and voluntary projects. * T'es mon genre LGBTQ+ project. * Employer services.

Eligibility: youth 15 to 35 years old

Coverage area: Villeray-Saint-Michel-Parc-Extension

Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 17h00, Thursday 9h00 to 12h00 and 13h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CLINIQUE DE POLARISATION

7085 Hutchison Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9

514 267-3979

Website: www.ciuSSswestcentral.ca/programs-and-services/critical-incidents-and-crises/polarization-clinic/

Services: Specialized support for people and families dealing with social polarization and radicalization (extreme left, extreme right or religious). * Psychological and psychiatric assessment. * Individual and family psychosocial follow-up and support. * Psychotherapy. * Help with educational and employment reintegration.

Eligibility: people who are victims of discrimination or hate crimes, people preoccupied by issues of social polarization and radicalization

Coverage area: Province of Québec

Hours: Monday to Sunday 8h00 à 22h00

Financing: provincial

Legal status: parapublic organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4

514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789 Fax: 514 526-8891

Website: gaihst.qc.ca/home

Email: info@gaihst.qc.ca

Services: * Case handling: technical and moral support, listening, intervention, short and long-term follow-up. * Information and awareness sessions. * Training sessions for companies' resource persons. * Monthly coffee meetings.

Eligibility: people who have experienced sexual or psychological harassment in the workplace

Coverage area: Province of Québec, in-person services: Greater Montréal

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

Fees: direct support services: free, training: variable

Financing: provincial

Legal status: non-profit organization

PATRO VILLERAY (LE)

7355 Christophe-Colomb Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2S5

514 273-8535 Fax: 514 273-9190

Website: patrovilleray.ca

Email: info@patrovilleray.ca

Services: Food assistance * Take-out meals. * Meals in schools. * Meals on wheels. Material assistance * Christmas and back-to-school sharing store. * Bonhomme à lunettes. Employment and education * Homework assistance. * Tax clinic. Family and community * Listening and referral. * Community work initiative program with vulnerable seniors (ITMAV). * Sports, aquatic, cultural, social and family activities. * Urban mediation. * Youth centre (activities for teenagers). * Respite for children with special needs. * Day camps. * Volunteering. * Room rental.

Eligibility: families, children, youth, teens, adults, seniors, people with reduced mobility, people on a low income

Coverage area: Greater Montréal, meals on wheels: Villeray (postal codes starting by H2R, H2E, H2P)

Hours: Monday to Friday 7h00 to 22h00, Saturday 8h00 to 20h00, Sunday 8h00 to 22h00

Fees: membership: financial aid available, meals on wheels: \$5.50 per meal, take-out meals: preferential rates for people on a low income, frozen meals delivered or taken out: starting at \$3

Financing: municipal, provincial, Centraide of Greater Montréal

Legal status: non-profit organization

PLEINS POUVOIRS POUR TOUS - QUÉBEC

Confidential Address

514 990-7124

Website: www.kidpowermontreal.org

Email: safety@kidpowermontreal.org

Services: Education and training on how to stop and prevent cyberbullying, abuse, harassment, aggression and other forms of violence. * Adapted workshops on relational, emotional, physical safety, everyday safety and advocacy. * Assertiveness and self-confidence building workshops. * Verbal and physical self-defense workshops. * Positive communication workshops. * Seminars and training for professionals.

Eligibility: people of all ages, abilities and identities, parents, professionals, organizations, schools, preschool and school daycare services

Capacity: teenagers or adults groups: 16 people maximum, parent-children group: 20 children and 20 adults maximum

Coverage area: services in person: Greater Montréal, upon request for other regions, online services: no territorial limits

Hours: office: Tuesday to Friday, workshops: day, evening and weekend, closed in July, August and during the holiday season (6 weeks)

Fees: variable, customized groups: flexible rates can be offered for NPOs, individuals: registration fees reimbursable by IVAC, CNESST or an EAP program if registration is pre-approved, possibility of paying by instalments

Financing: donations, self-financing, grants

Legal status: non-profit organization

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 30 - SAINT-MICHEL

8930 Pie-IX Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 4H9

514 280-0130 Fax: 514 280-0630

Website: spvm.qc.ca/en/PDQ30

Email: pdq30@spvm.qc.ca

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

Eligibility: citizens and residents of the neighbourhood

Coverage area: Saint-Michel

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MONTRÉAL - POLICE STATION 31 - VILLERAY, PARC-EXTENSION

8225 de l'Esplanade Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2R5

514 280-0131 Fax: 514 280-0631

Website: spvm.qc.ca/en/PDQ31

Email: pdq31@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: Villeray, Parc-Extension

Hours: Monday to Sunday 9h00 to 19h00

Financing: municipal, provincial

Legal status: municipal agency

Sexual assault and incest

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789 Fax: 514 526-8891

Website: gaihst.qc.ca/home

Email: info@gaihst.qc.ca

Services: * Case handling: technical and moral support, listening, intervention, short and long-term follow-up. * Information and awareness sessions. * Training sessions for companies' resource persons. * Monthly coffee meetings.

Eligibility: people who have experienced sexual or psychological harassment in the workplace

Coverage area: Province of Québec, in-person services: Greater Montréal

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

Fees: direct support services: free, training: variable

Financing: provincial

Legal status: non-profit organization

MAISON D'HAÏTI

3245 Émile-Journault Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 0B1

514 326-3022 Fax: 514 326-3024

Website: www.mhaiti.org

Email: mhaiti@mhaiti.org

Services: Newcomers * Assistance and support for newcomers' settlement, information sessions, assistance with immigration procedures. * Assistance with housing search. Employment and education * Support for labour market integration and job search assistance. * Francization. * Adult literacy. * Confie-toi: health information fair. * Social integration program for young mothers. * Homework and school perseverance support. * One-off educational workshops on taxes. Family and youth * L'Art d'être parent: parenting skills program. * Espace parents: meeting, exchange and training space and place of belonging. * Bedondaine: food security and educational program for pregnant women. * Projet Gars: prevention and intervention program for young boys from 10 to 18 years old to change sexist behaviors and attitudes and promote gender equality. * Kan Lakay: summer and winter camps for 5 to 12 year-olds. * Juste pour ELLES: sexual exploitation prevention and intervention program aimed at teenage girls living in Saint-Michel neighbourhood. * Christmas baskets for families and distribution of presents for children. Community development * Street patrol. * Arts centre: creation and cultural dissemination space, promotion of cultural expression stemming from multicultural communities. * Projet Goût 2 Vivre: project for 9 to 25 year-olds aiming to develop their interest in transforming their life, their environment and their daily life through cultural, artistic and sports activities.

Eligibility: Haitian community and other cultural communities

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 21h00

Fees: none

Financing: federal, provincial, municipal, foundations, fundraising campaigns

Legal status: non-profit organization

Support for perpetrators of violence and their families

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

ÉCOLE DE LA RELÈVE

3730 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2A 1B4
514 325-9486

Website: www.ecoledelareleve.ca

Email: info@princesdelarue.org

Services: Services to youth in difficulty. * École de la relève: secondary level academic classes combined with martial arts training and employability workshops. * Francization program for immigrants. * Support for young people facing difficulties: martial arts academy including anger management training. * Martial arts for youth with a physical disability. * Room equipped for study and entertainment. * Listening, referral, awareness, family mediation, social integration, supervision. * Projet ressource à la suspension: support for young people temporarily suspended from school, anger management and conflict resolution workshops, academic upgrading, bullying prevention, radicalization prevention. * Conferences in schools and youth centres: self-esteem, suicide, bullying, etc.

Eligibility: boys and girls 7 years old and over

Coverage area: Greater Montréal

Hours: Monday to Thursday 9h00 to 21h00, Friday 9h00 to 20h30, Saturday 9h00 to 15h00

Fees: école de la relève: \$900 per school year

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

Legal status: non-profit organization

Support for victims and their families

ASSOCIATION QUÉBÉCOISE PLAIDOYER-VICTIMES

8615 Saint-Laurent Boulevard, Suite 206, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2M9
514 526-9037 Fax: 514 526-9951

Website: aqpv.ca/en/welcome-to-the-aqpv

Email: aqpv@aqpv.ca

Services: Promotion and advocacy of the rights and interests of victims of crime. * Information, support and guidance of victims. * Production and dissemination of information tools. * Training programs. * Public awareness activities. * Research activities in collaboration with university researchers. * Partnership and consultation with community organizations.

Eligibility: people victims of a crime, counsellors, general public

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: contributions, self-financing, grants

Legal status: non-profit organization

CENTRE FOR SERVICES IN RESTORATIVE JUSTICE

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5
1 833 320-2757

Website: csjr.org/en

Email: csjr@csjr.org

Services: Victim-offender meetings for people who have suffered and perpetrated related crimes, with the goal of repairing what the crime has broken. * Art therapy and creativity workshops. * Healing of memories workshops. * La puissance de nos voix: expression workshop. * Awareness.

Eligibility: people who have been victims of crime and violence, whether or not they have filed a complaint, people who have committed convicted crimes

Coverage area: Centre-du-Québec, Estrie, Lanaudière, Laurentians, Laval, Mauricie, Montérégie, Montréal Island

Hours: Monday to Thursday 10h00 to 17h00

Financing: donations, foundations, federal, provincial, fundraising campaigns

Legal status: non-profit organization

GROUPE D'AIDE ET D'INFORMATION SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL

2231 Bélanger Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2G 1C5

514 526-0789 Fax: 514 526-8891

Website: gaihst.qc.ca/home

Email: info@gaihst.qc.ca

Services: * Case handling: technical and moral support, listening, intervention, short and long-term follow-up. * Information and awareness sessions. * Training sessions for companies' resource persons. * Monthly coffee meetings.

Eligibility: people who have experienced sexual or psychological harassment in the workplace

Coverage area: Province of Québec, in-person services: Greater Montréal

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

Fees: direct support services: free, training: variable

Financing: provincial

Legal status: non-profit organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

MISSING CHILDREN'S NETWORK CANADA

950 Beaumont Avenue, Suite 103, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V5

1 833 632-4673 Fax: 514 843-8211

Website: www.missingchildrensnetwork.ngo

Email: info@missingchildrensnetwork.ngo

Services: * Workshops on preventing abductions and missing cases. * Information over the phone and on site. * Assistance with administrative and legal procedures related to missing cases. * Creation and distribution of search notices. * SHINE : Runaway and sexual exploitation prevention program in schools.

Eligibility: parents, children and professionals

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00

Fees: none

Financing: campagnes de financement, dons

Legal status: non-profit organization

SERVICE CANADA CENTRE - PARC-EXTENSION (MONTRÉAL)

540 Beaumont Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1T7

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Biometrics. * 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: Park-Extension

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Therapy and counselling

AFRIQUE AU FÉMININ

7000 du Parc Avenue, Suite 106, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 272-3274 Fax: 514 272-8617

Website: www.afriqueaufeminin.org/?lang=en_us

Email: info@afriqueaufeminin.org

Services: Improvement of immigrant women's living conditions. * Reception, information, referral and listening. * Daycare for children 2 to 5 years old. * Psychosocial intervention. * Customized francization classes and French conversation groups. * Specialized French classes in collaboration with the MIFI. * Discussion groups. * Educational and cultural activities. * Food assistance. * Christmas baskets. * Donation of used clothing, household items and furniture through pairings. * Sewing workshops. * Creative workshops: knitting, crochet, crafts, embroidery. * Yoga. * Computer classes. * Interpretation and translation. * Tax clinic.

Eligibility: immigrant women of all origins

Coverage area: Greater Montréal

Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday 12h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE DE COMMERCE MEXICAINS À MONTRÉAL

7387 St-Hubert Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2N4

514 886-8141

Website: acommm.ca

Email: info@acommm.ca

Services: Diversified services to ethnoculturally diverse communities. * Food bank, online registration form: bookeo.com/acomm-ca/customer * Help line. * Personal support and accompaniment service with a psychosocial counsellor. * Latino community café. * Professional training: Business start-up, Sales Consulting, Accounting. * Certified translations: French, English, Spanish. * Administration of oaths. * Possibility of doing internships. * Authorized civil marriage celebrations. * Newcomer Settlement Services. * Christmas baskets. * Tax clinic.

Eligibility: ethnocultural diversity communities, mainly the Latin American community, newcomers, entrepreneurial community

Capacity: 350 food assistance baskets per week

Coverage area: Montréal Island and surroundings, Christmas baskets: Villeray-Saint-Michel-Parc-Extension

Hours: offices: Monday to Friday 9h00 to 17h00, food bank: Monday to Saturday 9h00 to 16h30, by appointment

Fees: food bank: free, services: variable

Financing: municipal, provincial, federal, grants

Legal status: non-profit organization

ALLIANCE SOCIOCULTURELLE ET AIDE PÉDAGOGIQUE

4121 42nd Street, Suite 201, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 1R8

514 376-1581 Fax: 514 376-7642

Email: allianceth@hotmail.com

Services: Organization that supports youth and people living with mental health issues through the performing arts and cultural integration. * Theatre and cinematographic production. * Theatrical creation for youth living with a mental health problem. * Training and awareness regarding diversity.

Eligibility: youth 12 to 35 years old, seniors

Coverage area: Montréal Island

Hours: Monday to Friday 9h00 to 18h00

Fees: none

Financing: donations, self-financing, grants

Legal status: non-profit organization

ALTERNATIVE NAISSANCE

8591 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 2H4

514 274-1727

Website: alternative-naissance.ca

Email: info@alternative-naissance.ca

Services: Perinatal support services. * Information and telephone referrals. * Accompaniment at birth: 3 prenatal meetings, telephone follow-up, presence during childbirth and 2 postnatal visits. * Accompaniment in Relevailles: postnatal support at home. * Perinatal bereavement support. * Pregnancy termination support. * Individual virtual prenatal and postnatal meetings. * Prenatal and postnatal workshops. * Support group for difficult births and childbirths: complications during childbirth, traumatizing interventions, obstetrical violence, rights violation, lack of information, listening or empathy, etc. * Baby massage courses. * Professional training: childbirth support, postnatal support/recovery and breastfeeding. * Babywearing library: loan of baby slings. * Loan of breast pumps.

Eligibility: pregnant women, their close ones during pregnancy, childbirth and the postnatal period

Coverage area: Montréal Island, perinatal workers: Le Plateau-Mont-Royal, Le Sud-Ouest, Verdun, Ville-Marie, Ahuntsic-Cartierville, Montréal-Nord, Rosemont-La Petite-Patrie, Saint-Laurent, Villeray-Saint-Michel-Parc-Extension, Anjou, Mercier-Est, Montréal-Est, Rivière-des-Prairies-Pointe-aux-Trembles, Saint-Léonard, Saint-Michel, Mercier-Hochelaga-Maisonneuve

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

Fees: support for Relevailles, perinatal bereavement, termination of pregnancy: free, training and activities: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE CEFEDI

8546 Saint-Michel Boulevard, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3E8

514 384-5330

Website: www.cefedi.org

Email: centrecommunautairecefedi144@hotmail.com

Services: Food *Collective cooking. Immigration and cultural communities * Interpretation and translation for newcomers. * Accompaniment of newcomers. Children and family * Homework help. * Summer camp. Employment and Education * Help in finding a job. * Introduction to computers. Material assistance * Counter for used clothing, household items and furniture. Support * Individual and group counselling. * Coffee meetings. * Workshops for women. * Legal clinic. * Tax clinic.

Eligibility: single-parent families, people on a low income

Coverage area: Montréal Island

Hours: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 13h00, collective kitchen: once per week, used items depot: Monday to Wednesday 14h00 to 16h00

Fees: collective kitchen: \$2 per serving

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE PRÉVENTION D'ALCOOLISME ET TOXICOMANIE LATINO-AMÉRICAIN

660 Villeray Street, 2nd floor, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 948-6188 Fax: 514 948-6188

Email: copatla1989@gmail.com

Services: * Information sessions on alcoholism, drug addictions, addictions (with or without a substance) and violence. * Guidance, referral and intervention. * Individual or group psychosocial intervention. * Anger management program for people who come voluntarily or for people referred by the courts of Greater Montréal, the DPJ, other institutions or organizations. * Integration and social reintegration activities for people who have been in prison. * Compensatory work program. * Intervention in cases managed by criminal lawyers, SPVM officers, probation officers, DPJ workers or other professionals: theft, physical assault, crimes associated with drug abuse or dependency, conjugal or domestic violence, or violence in the romantic relationships of young people. * Intervention in crisis situation and in a traumatic context. * Homelessness prevention and intervention. * Support for people seeking political asylum in Canada. * French workshops. * Popular education workshops (French). * Promotion of healthy lifestyle habits. * Weekly food distribution. * Sociocultural, educational and leisure activities: dance, photography, music, theater, sports, celebrations linked to Latin American traditions.

Eligibility: adults in priority

Coverage area: Greater Montréal

Hours: psychosocial follow-up: Monday 9h00 to 17h00, Tuesday and Wednesday 12h00 to 17h00, French classes: Tuesday and Wednesday 10h00 to 12h00, on-site food bank distribution: Thursday 16h00 to 18h00, group intervention: Thursday 18h00 to 20h00, individual intervention: by appointment, administration: Monday to Friday 10h00 to 18h00

Fees: individual and group psychosocial intervention and food assistance: free (donation or voluntary contribution)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE FOR SERVICES IN RESTORATIVE JUSTICE

7333 Saint-Denis Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 2E5

1 833 320-2757

Website: csjr.org/en

Email: csjr@csjr.org

Services: Victim-offender meetings for people who have suffered and perpetrated related crimes, with the goal of repairing what the crime has broken. * Art therapy and creativity workshops. * Healing of memories workshops. * La puissance de nos voix: expression workshop. * Awareness.

Eligibility: people who have been victims of crime and violence, whether or not they have filed a complaint, people who have committed convicted crimes

Coverage area: Centre-du-Québec, Estrie, Lanaudière, Laurentians, Laval, Mauricie, Montérégie, Montréal Island

Hours: Monday to Thursday 10h00 to 17h00

Financing: donations, foundations, federal, provincial, fundraising campaigns

Legal status: non-profit organization

CENTRE HAÏTIEN D'ACTION FAMILIALE

2573 Bélanger Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Y 1A3

514 729-8834 Fax: 514 729-1482

Email: chafquebec@yahoo.ca

Services: * Information and referral. * Nobody's Perfect program and monthly open support groups for immigrant new parents. * Support for asylum seekers: individual and familial accompaniment. * Workshops on grief and behaving in a peaceful manner. * Monthly self-help groups on domestic violence and 8 self-help groups (every 14 days) on the steps of a relationship break up. * Marriage preparation. * Meetings, sharing and discussions for women, couples, children and seniors. * Support groups for fathers. * Bonding activities for fathers and children.

Eligibility: haitian families in difficulty

Capacity: support or self-help groups: 15 to 20 people per meeting

Coverage area: Greater Montréal

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 15h00, some activities on Friday evening and Saturday afternoon

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CLINIQUE DE POLARISATION

7085 Hutchison Street, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1Y9

514 267-3979

Website: www.ciuisswestcentral.ca/programs-and-services/critical-incidents-and-crises/polarization-clinic/

Services: Specialized support for people and families dealing with social polarization and radicalization (extreme left, extreme right or religious). * Psychological and psychiatric assessment. * Individual and family psychosocial follow-up and support. * Psychotherapy. * Help with educational and employment reintegration.

Eligibility: people who are victims of discrimination or hate crimes, people preoccupied by issues of social polarization and radicalization

Coverage area: Province of Québec

Hours: Monday to Sunday 8h00 à 22h00

Financing: provincial

Legal status: parapublic organization

DOMESTIC PROGRAMS - MÉDECINS DU MONDE

560 Crémazie Boulevard East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2P 1E8

514 281-8998 Fax: 514 523-1861

Website: doctorsoftheworld.ca

Email: info@medecinsdumonde.ca

Services: * Mobile medical services for people experiencing homelessness: STI screening, health assessment, wound and infection care, prescriptions for contraception, vaccination, distribution of Naloxone kits and Fentanyl test strips. * Individual and group psychological counselling for community workers. * Walk-in medical clinic for migrants without health insurance and in a precarious situation: evaluation by a social worker or a nurse, consultation by volunteer doctor. * Issuance of BINAM cards of identification and residency of the city of Montréal.

Eligibility: mobile clinic: people experiencing or at risk of homelessness, sex workers, drug users, street youth, Indigenous people experiencing homelessness, clinic for migrants with precarious status: migrants without medical coverage who live in Canada and cannot afford an appointment at a private clinic, psychological support: workers from Médecins du Monde's partner community groups

Coverage area: Montréal Island

Hours: mobile clinic: Monday to Friday, see schedule and locations of outings on the website, clinic for migrants with precarious status: appointments on Mondays by phone from 17h00 to 20h00 or in person on Thursday 9h30 to 12h00

Fees: none

Financing: provincial, federal, fundraising campaigns, foundations

Legal status: non-profit organization

HÔPITAL JEAN-TALON - CLINIQUE DE PSYCHIATRIE TRANSCULTURELLE

1415 Jarry Street East, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2E 1A7

514 729-3036 ext. 7287

Website: www.ciussnordmtl.ca

Services: Consultation, assessment and clinical intervention for people and families from cultural diversity. * Ethnopsychiatry and intercultural approach. * Multidisciplinary team: therapists, social workers, psychiatrists, interpreters (if required), etc. * Services to counsellors: telephone consultation, weekly consultation, clinical discussions, transcultural therapy sessions, information sessions, training programs and conferences.

Eligibility: individuals and families from cultural diversity that are experiencing mental health problems or problems of adaptation to the culture of the host country

Coverage area: Montréal Island

Hours: Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 18h00

Financing: provincial

Legal status: parapublic organization

INSTITUT NATIONAL POUR L'ÉQUITÉ, L'ÉGALITÉ ET L'INCLUSION DES PERSONNES EN SITUATION DE HANDICAP (INÉÉI-PSH)

7000 du Parc Avenue, Suite 407, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1X1

514 905-1039

Website: ineeipsh.org

Email: info@ineeipsh.org

Services: Organization seeking to eliminate all forms of violence and discrimination against people with disabilities. * Promotion of equity, equality and inclusion. * Assistance and accompaniment to survivors of violence. * Psychosocial support and intervention adapted to needs. * Individual and group accompaniment. * Leadership development program. * Social and economic integration program. * School retention promotion.

Eligibility: people living with multiple disabilities, limitations, impairments, or mental health struggles, and their families

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h30

Fees: none

Financing: provincial

Legal status: non-profit organization

LEUCAN - ASSOCIATION FOR CHILDREN WITH CANCER

550 Beaumont Avenue, Suite 300, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1V1

514 731-3696 Fax: 514 731-2667

Website: www.leucan.qc.ca/en

Email: info@leucan.qc.ca

Services: * Financial assistance and financial support for clinical research. * Accompaniment, psychosocial support and listening program. * Central 12-17: activity group for teenagers 12 to 17 years old with cancer and their siblings. * Support phonecalls and visits. * End of life care program and support for grieving families. * Massage therapy. * Peer helpers program. * Information. * Awareness in schools. * Vol d'été: summer camp.

Eligibility: children and teenagers with cancer, their families, parents who have lost a child to cancer

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DE RÉPIT LA RESSOURCE (LA)

9281 14th Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H1Z 3N4

514 814-6552

Website: www.repitlaressource.org

Email: secretariat@repitlaressource.org

Services: * Day respite from Saturday to Thursday. * Weekend respite including 2 nights. * Winter and summer day camps. * Activities: physical activities, arts and crafts, music therapy. * Help and referral for parents. * Family outings.

Eligibility: people 15 years and older with an intellectual disability with or without an autism spectrum disorder

Capacity: respite: 10 people per day

Coverage area: Montréal Island

Hours: Saturday to Thursday 9h00 to 16h15

Fees: membership: \$20 per year, respite: \$35 per day

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

Legal status: non-profit organization

MAISON LA BOUÉE

6833, avenue de L'Épée, bureau 200, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 2C7

438 520-4660

Website: www.maisonlabouee.com

Email: maisonlabouee@videotron.ca

Services: External rehabilitation centre: alcohol, drugs, gambling and any other form of addiction. * 16-weeks outpatient therapy including 8 individual sessions, 2 intensive weekends, and 8 mindfulness-based relapse prevention sessions. * 12-week group program. * 12-month aftercare follow-up. * 6-month relapse prevention program with weekly meeting. * Thematic intensive weekend. * Employee Assistance Program: workplace training. * Family program and assistance service, information and support. * Telephone service 7 days a week. * Transportation. * Lectures. * Items donations in case of emergency for members only.

Eligibility: people prone to all types of addictions: alcohol, drugs, compulsive gambling, emotional, etc.

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 21h00

Fees: free evaluation, 16-week therapy: \$4500, refundable by several insurance companies

Financing: autofinancement

Legal status: non-profit organization

MAISON MULTIETHNIQUE MYOSOTIS - MONTRÉAL

660 Villeray Street, Suite 2.107, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1J1

514 271-4407

Website: myosotismaisonmultiethnique.com/index.php/myosotis

Email: administration@maisonmyosotis.org

Services: Psychological support available in person, by phone or at home. * Art therapy. * Group workshops. * Support and follow-up with a social worker. * Short and medium-term psychotherapy. * Information and referrals.

Eligibility: people on a low income, immigrants

Coverage area: Montréal Island, South Shore

Hours: Monday, Tuesday and Thursday 8h15 to 14h00, Thursday and Friday 8h00 to 14h00 teleworking

Fees: according to the income

Financing: provincial

Legal status: non-profit organization

PREMIÈRE RESSOURCE, AIDE AUX PARENTS

Confidential Address

1 866 329-4223

Website: premiereressource.com/en

Email: consultation@premiereressource.com

Services: Counselling service for parent-child relationships. * Confidential and professional consultation by phone, email or chat with possible follow-up. * Presentations and mobile clinics in organizations and schools. * PRAP Hour: virtual discussion groups between parents about specific topics. * Varied articles, frequently asked questions and video clips on the website. * Documentation: booklets, cards and flyers.

Eligibility: parents, step-parents, children, teens, extended family members, professionals working in intervention

Coverage area: Province of Québec

Hours: Monday to Friday 8h00 to 17h00

Fees: none

Financing: provincial, donations, grants

Legal status: non-profit organization

SERVICE D'ENTRAIDE PASSERELLE (LE)

469 Jean-Talon Street West, Suite 421, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H3N 1R4

514 878-3456

Website: www.entraidepasserelle.org

Email: entraidepasserelle@gmail.com

Services: Support and group-help for women living through a separation. * Information and referral. * Telephone listening. * Individual counselling. * Legal clinic. * Separation self-help and support group with 10 meetings. * Information workshops on grief, immigration, separation, divorce, loneliness. * Awareness and mobilization workshops. * Poursuivre ma route avec mon enfant: a 10-meeting support group for mothers. * Le doigt dans l'engrenage, comment en sortir: 3 workshops for survivors of coercive control. * Training workshops for counsellors.

Eligibility: women going through a relationship break-up, with or without children

Coverage area: Greater Montréal

Hours: reception: Monday to Friday 9h30 to 16h30 by appointment, some activities in the evening

Fees: free or minimal fees

Financing: provincial, donations

Legal status: non-profit organization

ZOOTHÉRAPIE QUÉBEC

7779 Casgrain Avenue, Villeray—Saint-Michel—Parc-Extension, Montréal, QC, H2R 1Z2

514 279-4747 Fax: 514 271-0157

Website: zootherapiequebec.ca

Email: info@zootherapiequebec.ca

Services: * Individual or group counselling using familiar animals. * Fudge à l'école: education and prevention of bites. * Counselling and assessment of needs. * Institutional and private supervision. * Information on using zootherapy for issues such as aging, physical rehabilitation, childhood disorders, intellectual disability, delinquency. * Assistance with elaborating intervention and research projects. * Theoretical and practical training. * College and university internships. * Documentation centre.

Eligibility: children, youth, adults and seniors living with a social, physical, psychological or intellectual disability

Coverage area: Greater Montréal

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 18h00

Financing: provincial, self-financing

Legal status: non-profit organization

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